



Fill Up On Fresh Air



The Eastern Townships region is known for its vast offering of outdoor activities. Hiking, biking, canoeing, kayaking, swimming, camping, horseback riding... There's something for everyone, including those looking for a unique experience. Here are three ideas.

Near Sutton, [Au Diable Vert](#) outdoor centre offers an adventure you won't find anywhere else in Canada: [VéloVolant](#). Perched high atop the tree canopy on a recumbent bicycle, you'll pedal at your own pace and enjoy a unique point of view. Au Diable Vert also offers unique accommodations, including prospector tents, treehouses and even a Treegloo, an igloo-esque structure on a platform. Cool, right?

At the Centre de [Randonnées Jacques Robidas](#), it's all about horseback riding. As a family, group or couple, enjoy nature and the picturesque North Hatley region in the company of beautiful horses. Have a sweet tooth? Visit in spring and Mr. Robidas will treat you to some maple taffy.

Finally, don't forget your golf clubs! The region is home to almost [40 golf courses](#) offering interesting challenges thanks to the area's naturally hilly terrain—not to mention that stunning views. Many courses are part of ski resort properties, including [Mont-Orford](#) and [Owl's Head](#), so you'll enjoy an array of amenities like accommodations and other activities.

