

DIRECTIONS FROM NEW YORK

From the State of New York, take Highway 87 NORTH to Québec; Highway 87 will turn into Highway 15.

Continue straight ahead; at some point, Highway 15 will become Highway 132 EAST.

Continue until you see a sign for the TUNNEL L. H. LAFONTAINE. Drive through the tunnel. You are in Montreal.

On exiting the tunnel, follow the signs for Highway 40 EAST (40 EST), heading towards Québec/Trois-Rivières.

Continue on Highway 40 EAST(40 EST) until you reach Trois-Rivières. From Trois-Rivières take Highway 55 NORTH(NORD), heading towards Shawinigan.

On Highway 55 NORD, exit Sortie 217 – St. Gerard des Laurentides. After taking the exit, you will come to a stop sign -- turn left onto Highway 351 SUD, towards Saint-Gérard-des-Laurentides.

Continue straight ahead. You will pass Saint-Gérard-des-Laurentides -- continue on Highway 351 SUD until you reach Saint-Mathieu-du-Parc.

Turn left at the flashing light in the village.

Continue on 351 SUD.

After 2 km , you'll see the "*Fondation l'Art de Vivre*" sign (blue sign) on your left

Turn onto the road and continue following the L'ART DE VIVRE signs, until you reach the Center.

WELCOME HOME!