

Enjoy the air in
Lanaudière



La Source Bains Nordiques

24200, rue Forest Hill
Rawdon, Québec J0K 1S0

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lasourcespa.com



Getting there from Montréal

Take Autoroute 25 North and follow the signs for Rawdon.

Description

Picture yourself in the heart of a hundred-year-old forest, surrounded by rocks and cliffs. Completely away from the world, you have time... your own time. In this dreamy place, you breathe in the pure mountain air as your eyes are filled with the wonders of nature. Situated in Rawdon, just 60 minutes from Montréal, La Source Bains Nordiques offers you a soothing SPa that includes three hot baths, two cold baths, a natural pool, relaxation grotto, steam bath, dry sauna, calming indoor and outdoor environments and incomparable massotherapy services. Also, try our new relaxation pavilion. Combining massotherapy with relaxing areas, including our famous Salle Noire, the new pavilion at La Source is distinctive in its unique style and large open spaces.

La Source Bains Nordiques, a place of relaxation in a natural setting, a site beyond your dreams, open 365 days a year, where you can find a new level of peace and repose anytime, whatever the weather.

Target market

Groups : 50 persons (maximum), Individual (FIT)

Attractions and activities

Dates of operation : 365 days a year, whatever the weather

Schedule : Monday to Wednesday : 10:00 am to 8:00 pm,
Thursday to Sunday : 10:00 am to 9:00 pm

Tie required for activity : 4 to 6 hours

Lodging nearby : Inns, B&Bs and cabins

Contact Person

Caroline Simard, Director of operations
caroline@lasourcespa.com

Restaurants

Lunch and dinner. Reserved for clients of La Source. Stop at the Bistro for salads, sandwiches, spring rolls, salmon tartar, local produce platter, nuts, fresh fruit, etc.

Max. restaurant capacity

24 persons

Services on site

Meeting room (14 persons)
French and English
Parking on site
Motor coach parking on site
Non-smoking establishment

Activities on site

Massages
Baths