



# MESSAGERIE DU FJORD

1701 RUE MITIS (PARC INDUSTRIEL)  
CHICOUTIMI, QUEBEC, G7K 1H5

WWW.M-F.CA

TEL : (418) 690-2434  
WATT : (800) 472-5112

FAX BUREAU : (418) 690-2607  
FAX REPARTITION : (418) 690-2520

## POINTE LISTE DE COURRIER

PAGE : 1

PROVINCE	VILLE	CODE POSTAL		ZONE	JOUR DE LIVRAISON	JOURS DE TRANSIT
		BAS	HAUT			
QC	ALBANEL	G0V 1W0	G0V 1A9	34	1-2-3-4-5	
QC	ALMA	G0W 1I0	G0W 1K9	33	1-2-3-4-5	
QC	ALOUETTE	G0T 2B0	G0V 1A9	31	1-2-3-4-5	
QC	ANSE-ST-JEAN	G0V 1I0	G0V 1J9	36	1-2-3-4-5	
QC	ARVIDA			32	1-2-3-4-5	
QC	BAGOTVILLE			31	1-2-3-4-5	
QC	BAIE DU POSTE CHIBOUGAMAU	G0W 1C0	G0W 1C0	75	1-2-3-4-5	
QC	BAIE-COMEAU	G4Z 0A0	G5C 9Z9	401	1-2-3-4-5	
QC	BAIE-TRINITE	G0G 2Z0	G0H 1A9	403	1-2-3-4-5	
QC	BEGIN	G0V 1B0	G0V 1B9	34	1-3-5	
QC	BETSIAMITES	G0H 1B0	G0H 1B9	402	1-2-3-4-5	
QC	CANTON TREMBLAY			31	1-2-3-4-5	
QC	CHAMBORD	G0W 1F0	G0W 1F9	34	1-2-3-4-5	
QC	CHAPAIS	G0W 1H0	G0W 1H9	310	1-2-3-4-5	
QC	CHIBOUGAMAU	G8P	G8P	310	1-2-3-4-5	
QC	CHICOUTIMI			31	1-2-3-4-5	
QC	CHUTE-AUX-OUTARDES	G0H 1C0	G0H 1C9	401	1-2-3-4-5	
QC	CLARKE CITY	G0G 1H0	G0G 1H9	403	1-2-3-4-5	
QC	COLOMBIER			402	1-2-3-4-5	
QC	DELISLE	G0W 1L0	G0W 1L9	33	1-2-3-4-5	
QC	DESBIENS	G0W 1N0	G0W 1N9	34	1-2-3-4-5	
QC	DOLBEAU	G8L 0A0	G8L 9Z9	34	1-2-3-4-5	
QC	DOLBEAU-MISTASSINI	G8L 0A0	G8L 9Z9	34	1-2-3-4-5	
QC	FALARDEAU	G0V 1C0	G0V 1C9	31	1-2-3-4-5	
QC	FERLAND-BOILLEAU	G0V 1H0	G0V 1H9	36	2-5	
QC	FORESTVILLE	G0T 1D0	G0T 1E9	402	1-2-3-4-5	
QC	FRANKLIN	G0H 1D0	G0H 1E9	403	1-2-3-4-5	
QC	GALLIX	G0G 1K0	G0G 1L9	403	1-2-3-4-5	
QC	GIRARDVILLE	G0W 1Q0	G0W 1R9	35	2-5	
QC	GODBOUT	G0H 1F0	G0H 1G9	403	1-2-3-4-5	
QC	GRANDES-BERGERONNES	G0T 1F0	G0T 1G9	403	1-2-3-4-5	
QC	HAUTERIVE			401	1-2-3-4-5	
QC	HAVRE ST-PIERRE	G0G 001	G0G 1P9	404	1-2-3-4-5	48
QC	HEBERTVILLE	G0W 1S0	G0W 1S0	33	1-2-3-4-5	
QC	HEBERTVILLE-STATION	G0W 1T0	G0W 1T9	33	1-2-3-4-5	
QC	JONQUIERE	G7L 0A0	G8A 9Z9	32	1-2-3-4-5	
QC	KENOGAMI	G7L 0A0	G8A 9Z9	32	1-2-3-4-5	
QC	LA BAIE	G7B 0A0	G7B 9Z9	31	1-2-3-4-5	
QC	LA DORE	G0W 2I0	G0W 2J9	35	1-2-3-4-5	
QC	LAC-A-LA-CROIX	G0W 1W0	G0W 1W9	35	1-2-3-4-5	
QC	LAC-BOUCHETTE	G0W 1U0	G0W 1V9	35	2-4	
QC	LAC-DES-COMISSAIRES			35	1-4	



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PAGE : 2

PROVINCE	VILLE	CODE POSTAL		ZONE	JOUR DE LIVRAISON	JOUR DE TRANSIT
		BAS	HAUT			
QC	LAC-MISTASSINI	G0W 1C0	G0W 1C9	310	1-2-3-4-5	48
QC	L'ANSE-ST-JEAN	G0V 1I0	G0V 1J9	36	1-2-3-4-5	
QC	LAROUCHE	G0W 1Z0	G0W 1Z9	32	1-2-3-4-5	
QC	L'ASCENSION(LAC-ST-JEAN)	G0W 1Y0	G0W 1Y9	35	1-2-3-4-5	
QC	LATERRIERE	G0V 1K0	G0V 1K9	31	1-2-3-4-5	
QC	LES BUISSONS	G0H 1H0	G0H 1H9	401	1-2-3-4-5	
QC	LES ESCOUMINS	G0T 1H0	G0T 1K9	403	1-2-3-4-5	
QC	LONGUE-RIVE	G0T 1Z0	G0T 1Z9	403	1-2-3-4-5	
QC	MASHTEUJASTSH	G0W 2H0	G0W 2H9	35	1-2-3-4-5	
QC	METABETCHOUAN	G0W 2A0	G0W 2A9	34	1-2-3-4-5	
QC	MILOT	G0W 2B0	G0W 2B9	35	1-3-5	
QC	MISTASSINI	G0W 2C0	G0W 2C9	34	1-2-3-4-5	
QC	MISTISSINI LAKE	G0W 1C0	G0W 1C9	75	1-2-3-4-5	48
QC	NORMANDIN	G0W 2D0	G0W 2E9	34	1-2-3-4-5	
QC	NOTRE-DAME-DE-LORETTE	G0W 1B0	G0W 1B9	35	SUR APPEL	
QC	NOTRE-DAME-DU-ROSAIRE	G0W 1X0	G0W 1X9	35	2-4	
QC	OBEDJIWAN	G0W 2Z0	G0W 3B9	35	0	
QC	OUJE-BOUGOUMOU	G0W 3C0	G0W 3C0	75	1-2-3-4-5	48
QC	PERIBONKA	G0W 2F0	G0W 2G9	34	1-2-3-4-5	
QC	PETITES-BERGERONNES			403	1-2-3-4-5	
QC	PETIT-SAGUENAY	G0V 1N0	G0V 1N9	36	1-2-3-4-5	
QC	POINTE-AUX-ANGLAIS			403	1-2-3-4-5	
QC	POINTE-AUX-BOIVERT			403	1-2-3-4-5	
QC	POINTE-AUX-OUTARDES	G0H 1I0	G0H 1M9	401	1-2-3-4-5	
QC	POINTE-BLEUE	G0W 2H0	G0W 2H9	34	1-2-3-4-5	
QC	POINTE-LABEL	G0H 1N0	G0H 1N9	401	1-2-3-4-5	
QC	PORT-ALFRED-BAGOTVILLE			31	1-2-3-4-5	
QC	PORT-CARTIER	G5B 0A0	G5B 9Z9	403	1-2-3-4-5	
QC	RAGUENEAU	G0H 1S0	G0H 1S9	402	1-2-3-4-5	
QC	RIVIERE-BROCHU	G0G 2M0	G0G 2M9	403	1-2-3-4-5	
QC	RIVIERE-COLOMBIER	G0H 1O0	G0H 1P9	402	1-2-3-4-5	
QC	RIVIERE-DU-MOULIN			31	1-2-3-4-5	
QC	RIVIERE-ETERNITE	G0V 1O0	G0V 1P9	36	1-2-3-4-5	
QC	RIVIERE-PENTECOTE	G0H 1Q0	G0H 1R9	403	1-2-3-4-5	
QC	RIVIERE-PORTNEUF	G0T 1Z0	G0T 1Z9	402	1-2-3-4-5	
QC	RIVIERE-SAINTE-MARGERITE			403	1-2-3-4-5	
QC	ROBERVAL	G8D 0A0	G8D 9Z9	34	1-2-3-4-5	
QC	SACRE-COEUR-SAGUENAY	G0T 1Y0	G0T 1Y9	403	1-2-3-4-5	
QC	SAGARD			36	1-2-3-4-5	
QC	SAGUENAY			31	1-2-3-4-5	
QC	SAINT-AMBROISE	G0V 1Q0	G0V 1R9	33	1-2-3-4-5	
QC	SAINT-ANDRE-DU-LAC-SAINT-JEAN	G0W 2K0	G0W 2K9	34	1-2-3-4-5	
QC	SAINT-AUGUSTIN-SAGUENAY	G0G 2Q0	G0G 2R9	35	1-2-3-4-5	
QC	SAINT-BRUNO-LAC-SAINT-JEAN	G0W 2L0	G0W 2L9	33	1-2-3-4-5	



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PROVINCE	VILLE	CODE POSTAL		ZONE	JOUR DE LIVRAISON	JOUR DE TRANSIT
		BAS	HAUT			
QC	SAINT-CHARLES-DE-BOURGET	G0V 1D0	G0V 1G9	36	1-2-3-4-5	
QC	SAINTE-ANNE-DE-PORTNEUF			403	1-2-3-4-5	
QC	SAINT-EDMOND-LES-PLAINES	G0W 2M0	G0W 2M9	35	5	
QC	SAINTE-ELISABETH-DE-PROULX	G8M 0A0	G8M 4Z9	35	2-5	
QC	SAINTE-HEDWIDGE-DE-ROBERVAL	G0W 2S0	G0W 2R9	35	1-2-3-4-5	
QC	SAINTE-JEANNE-D'ARC			34	1-2-3-4-5	
QC	SAINTE-MARGUERITE-MARIE			35	1-2-3-4-5	
QC	SAINTE-MONIQUE-LAC-SAINT-JEAN	G0W 2T0	G0W 2T9	35	1-2-3-4-5	
QC	SAINTE-ROSE-DU-NORD	G0V 1T0	G0V 1T9	36	1-2-3-4-5	
QC	SAINT-EUGENE-D'ARGENTENAY	G0W 1B0	G0W 1B9	35	2-5	
QC	SAINT-FELICIEN	G8I 0A0	G8K 9Z9	34	1-2-3-4-5	
QC	SAINT-FELIX-D'OTIS	G0V 1M0	G0V 1M9	31	1-2-3-4-5	
QC	SAINT-FRANCOIS-DE-SALES	G0W 1M0	G0W 1M9	35	2.4	
QC	SAINT-FULGENCE	G0V 1S0	G0V 1S9	31	1-2-3-4-5	
QC	SAINT-GEDEON	G0W 2N0	G0W 2P9	34	1-2-3-4-5	
QC	SAINT-HENRI-DE-TAILLON	G0W 2X0	G0W 2X9	34	1-2-3-4-5	
QC	SAINT-HONORE-DE-CHICOUTIMI	G0V 1L0	G0V 1L9	31	1-2-3-4-5	
QC	SAINT-LEON	G0W 2S0	G0W 2S9	35	1-2-3-4-5	
QC	SAINT-LUDGER-DE-MILOT	G0W 2B0	G0W 2B9	35	1-2-3-4-5	
QC	SAINT-NAZAIRE	G0W 2U0	G0W 2V9	34	1-2-3-4-5	
QC	SAINT-PAUL-DU-NORD	G0T 1W0	G0T 1W9	403	1-2-3-4-5	
QC	SAINT-PRIME	G0W 2W0	G0W 2W9	34	1-2-3-4-5	
QC	SAINT-STANISLAS	G8M 0A0	G8M 4Z9	35	2-5	
QC	SAINT-THOMAS-DIDYME	G0W 1O0	G0W 1P9	35	2-5	
QC	SAULT-AU-MOUTON	G0T 1Z0	G0T 1Z9	403	1-2-3-4-5	
QC	SEPT-ILES	G4Q 0A0	G4S 9Z9	403	1-2-3-4-5	
QC	SHIPSHAW	G0V 1U0	G7P 9Z9	32	1-2-3-4-5	
QC	TADOUSSAC	G0T 2A0	G0T 2A9	403	1-2-3-4-5	
QC	TAILLON	G0W 2X0	G0W 2X9	31	2-3-4-5	
QC	VALIN	G7H 0A0	G7H 9Z9	31	1-2-3-4-5	
QC	VAL-JALBERT			34	1-2-3-4-5	

## LEGENDE (JOUR DE LIVRAISON)

- 1 LUNDI
- 2 MARDI
- 3 MERCREDI
- 4 JEUDI
- 5 VENDREDI