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# LA POMMERIE HAS BARE ESSENTIALS – AND MORE



**ROCHELLE LASH**  
Checking In

Full disclosure: To get the naked truth for this story, I conformed to the customs of the naturist community, a.k.a. nudists.

Gilles Beauchamp invited me to visit his picturesque vacation centre La Pommerie, near Ormstown. An architect in Montreal, he is a gracious and generous host who offered me carte blanche to enjoy everything — meals, sports and cocktails.

It sounded idyllic. I would enjoy a day in the rolling hills of the southern Quebec countryside amid the aromatic pink blossoms of an apple orchard. I could play a rousing tennis match, then chill on the shore of a tranquil lake. And I could almost taste the perky white wine from La Pommerie's own vineyard.

One tiny detail: La Pommerie is a Garden of Eden where, like the Bible's Adam and Eve, no one wears clothes. Not even a fig leaf. It is a naturist camp.

Yup. I would be working on my tennis strokes bare-bottomed, skinny-dipping in the swimming pools, dining in my birthday suit and disco-dancing in the buff. In short, I would be stripped of my pretensions — and everything else.

Beauchamp's invitation sounded intriguing and adventurous, but I decided to get the bare facts before deciding whether to go au naturel in the company of hundreds of my new best friends.

"When you are naked, you are in your natural state," said Beauchamp, who opened La Pomme-



Life at La Pommerie is clothing-free for adults and children, and includes a small lake with a private beach. PHOTOS: LA POMMERIE



## IF YOU GO

**La Pommerie:** 450-826-4723, pommerie.com, 2914 Route 209, St-Antoine-Abbé. Open until Sept. 27.  
**Price:** A one-day pass to La Pommerie costs about \$16, plus \$17-25 for campsite with water and electricity for RVs or campers. Rentals available in chalets, rooms in a small lodge or trailers, \$88 for one or \$100 for two, per night; per week it's \$470 for one or \$550 for two. Dorm rooms (sleeping bag required) cost about \$19 per night or \$118 per week, plus access fees. Children under 18 with their

which has an online calendar of activities like clothes-free yoga, indoor sports and swimming pools, bowling, spa life and brunch.

**Also Federation of Canadian Naturists:** fcn.ca; 416-410-6833, 888-512-NUDE (6833); American Association for Nude Recreation (AANR): 800-TRY-NUDE (879-6833); aanr.com. In Ontario, the Lakesun Club ([www.lakesun.net](http://www.lakesun.net)) and Bare Oaks ([bareoaks.ca](http://bareoaks.ca)). In Florida, there is Cypress Cove Nudist Resort & Spa ([cypresscoveresort.com](http://cypresscoveresort.com)); Hawaii

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