



Visitors' Guide

Every evening, on the Lodge's balcony,
I would admire the H elene Falls as it
roared down a 164 ft drop. Who could
resist dipping their toes into its crystal-
clear waters?!



The Chic-Chocs Mountain Lodge, an infinitely different experience...

Get ready for a one-of-a-kind experience out in the Gaspé Peninsula! You're going to be our guest at the Chic-Chocs Mountain Lodge. Located in the heart of a magnificent, peaceful mountain landscape, the Lodge gives you easy access to 60 km² (24 mi.²) of luxurious, uninhabited backcountry.

Two native Gaspésians and one Montreal real-estate promoter, all mountain lovers, spent some 20 years musing about the Lodge project before it finally became reality. And a passion for the mountains came in very handy, because Gilbert Rioux, Clovis Roy and Phil O'Brien had to move more than a few to create this exclusive destination for you.

And now that its doors are open, the Chic-Chocs Mountain Lodge would like to invite you to discover this magnificent site tucked away in the north-east end of the Appalachians.

Looking forward to seeing you!

Alain Laflamme
Head Chef and Innkeeper



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Close to the border separating the Gaspésie National Park and Matane Wildlife Reserve, caribou, moose and white-tailed deer wander calmly in the hills surrounding an indescribably charming Lodge. In summer, salmon spawn in the valleys' rivers; golden eagles glide majestically over the barren summits.

Everything is bigger than nature here. The mountains, the silence, the trees, the generosity of the people hosting you. Even the antlers of moose and the snowflakes are bigger than elsewhere. Here, you are in a land conquered by nature.

The Chic-Chocs Mountain Lodge: infinitely magical, infinitely wild, and infinitely comfortable.



Peace and Comfort

The Chic-Chocs Mountain Lodge offers warm and comfortable accommodation in the heart of an untouched, natural setting.

As our guests, the following will be at your disposal:

For your relaxation

- 18 rooms with 2 single beds or 1 king-size bed, full bathrooms (bathrobes, bed linen, towels, biodegradable soap and shampoo, and hair dryers are provided by the Lodge)
- Accessible from the common area, balconies with a view of the H el ene waterfalls and the surrounding mountains
- Sauna
- Outdoor spa
- Library



For conversation, etc.

- Dining room
- Bar with fireplace (games available)
- Multipurpose room: meetings, presentations, and special activities such as thematic workshops (nivology, mycology, etc.)

N.B.

- There are no televisions, radios or telephones in the rooms. However, a telephone and Internet access are available in the hotel. **Please note that cell phones do not function in the region where the Lodge is situated.**
- The Lodge is entirely non-smoking. Pets are likewise forbidden, with the exception of guide dogs which accompany blind or physically handicapped people.

Purchasing policy at the Lodge

All the articles that you buy at the bar and at the boutique during your stay will be charged to your account.

For each article purchased, you will have to sign a receipt confirming your purchase.

You may settle your bill at the end of your stay.

Come and Explore, Summer and Winter, at Your Own Pace

Setting your backpack down at the Chic-Chocs Mountain Lodge means setting yourself up for a great time. It also means settling into a healthy, relaxed pace of life. Our Mountain Stay packages give you a chance to fully experience the mountain lifestyle while leaving your cares behind.

Winter in the mountains – From the end of December to mid-April

- Three-night package (Friday to Monday)
- Four-night package (Monday to Friday)
- Seven-night package (Monday to Monday or Friday to Friday)

Summer in the mountains – From the end of June to mid-October

- Two-night package (Monday to Wednesday / Wednesday to Friday)
- Three-night package (Friday to Monday)
- Combined package (4, 5 or 7 nights)

The packages include:

- Reception and transportation from Cap-Chat
- Accommodation
- Meals and snacks
- Experienced guides
- Outdoor and safety equipment

Alcohol and mineral water are not included.

S epaq also arranges chartered flights out of Montr al and Qu ebec City **at certain times in the winter**. Contact our Sales and Reservations Office to find out how to reserve your flights at 1 800 665-3091.



Children at the Chic-Chocs Mountain Lodge

Learn about our special rates for children. Because of the Lodge's isolation, inside layout and programmed activities, bringing children under 13 years of age is not recommended.





A chef-innkeeper close to nature

There's no question of going without the best that life has to offer, even on the top of a mountain! Alain Laflamme, head chef at the Chic-Chocs Mountain Lodge, is waiting for you with the highest quality products from the Gaspé Peninsula, but also with dishes with a wide range of accents. He wants to surprise you with succulent, healthy meals, where fish and game are given a place of honour. What's more we make our bread, pastry, yoghurt and desserts on site to maximize freshness. Breathe in the savoury, comforting aromas... after a day spent playing outdoors!

Convivial meals

Our staff, raised in the friendly Gaspesian tradition, invite you to enjoy your meal with the rest of the guests around a big table. The guides take care of the service and join the group to share the day's highlights.

You're invited to sit down and eat:

Between 7 and 9 a.m. – hearty breakfast.

Between 12 noon and 1 p.m. – buffet lunch. If you are heading out to the mountain, delicious, invigorating box lunches will be prepared to allow you to prolong your excursion.

Before supper – The bar will be open for cocktail hour between 5 and 7 p.m. so that you can talk about the day's highlights.

At 7 p.m. – convivial supper with a refined menu inspired by local products.

At all hours – Hot and cold drinks, muffins, cookies and other snacks are available in the dining room.

For Everyone's Future

The Lodge has implemented several initiatives intended to preserve the environment.

Accordingly, we:

- Conduct wildlife observation and population surveys in cooperation with the ministry in charge of natural resources and wildlife.
- Apply the Leave No Trace philosophy whenever and wherever possible.
- Include as much organic food as possible when preparing meals.
- Manage the Lodge's refuse according to the 3 R's (Reduce, Reuse, Recycle) and use a systematic composting system for kitchen waste.
- Provide biodegradable shampoo and soap in the bathrooms.
- Clean with products that pose no threat to the environment.
- Use a peat-based water treatment system to cut as few trees as possible around the Lodge.
- Heat with a glycol system to minimize the energy needed to make the Lodge comfortable.
- Use only 100% recycled paper in the printing of our promotional material.

If you have special requirements such as allergies that we should take into account when preparing meals, please let us know as soon as possible.



CHIC-CHOCS

MOUNTAIN LODGE

GASPÉSIE-QUÉBEC



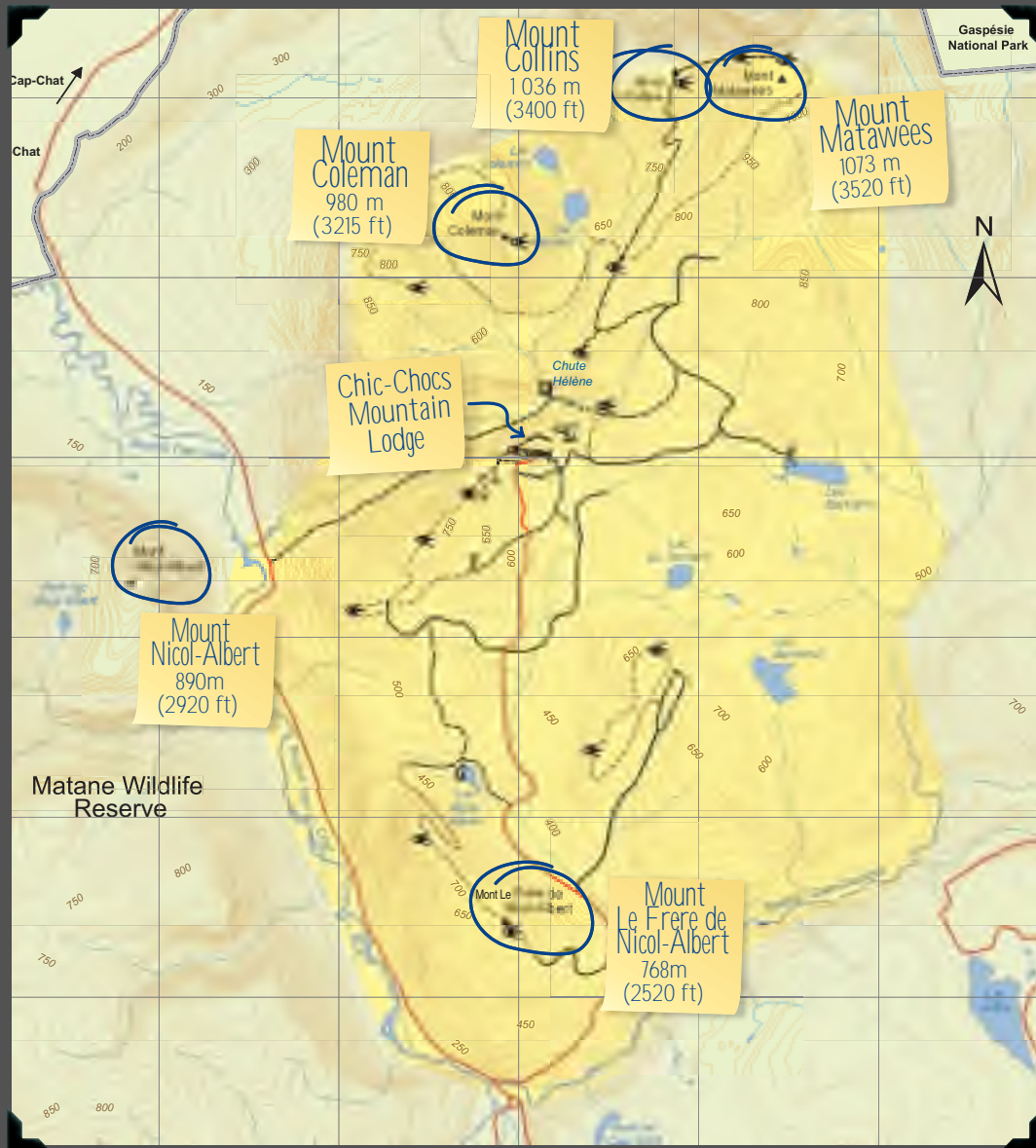
Everything out there was bigger than nature... the mountains, the silence the trees. Animals chirped and scurried at every turn in the path. And the guides were great, helping us to make wonderful discoveries about the mountains and ourselves.

Steve Bergeron



Mountains as far as the eye can see!
24 mi.² just for you and me...





Even though I'm far from being the athletic type,
 Here are some of the summits I had the chance to discover...
 Next time we come back,
 We'll go and explore the crevice at the top
 of Mount Matawees.

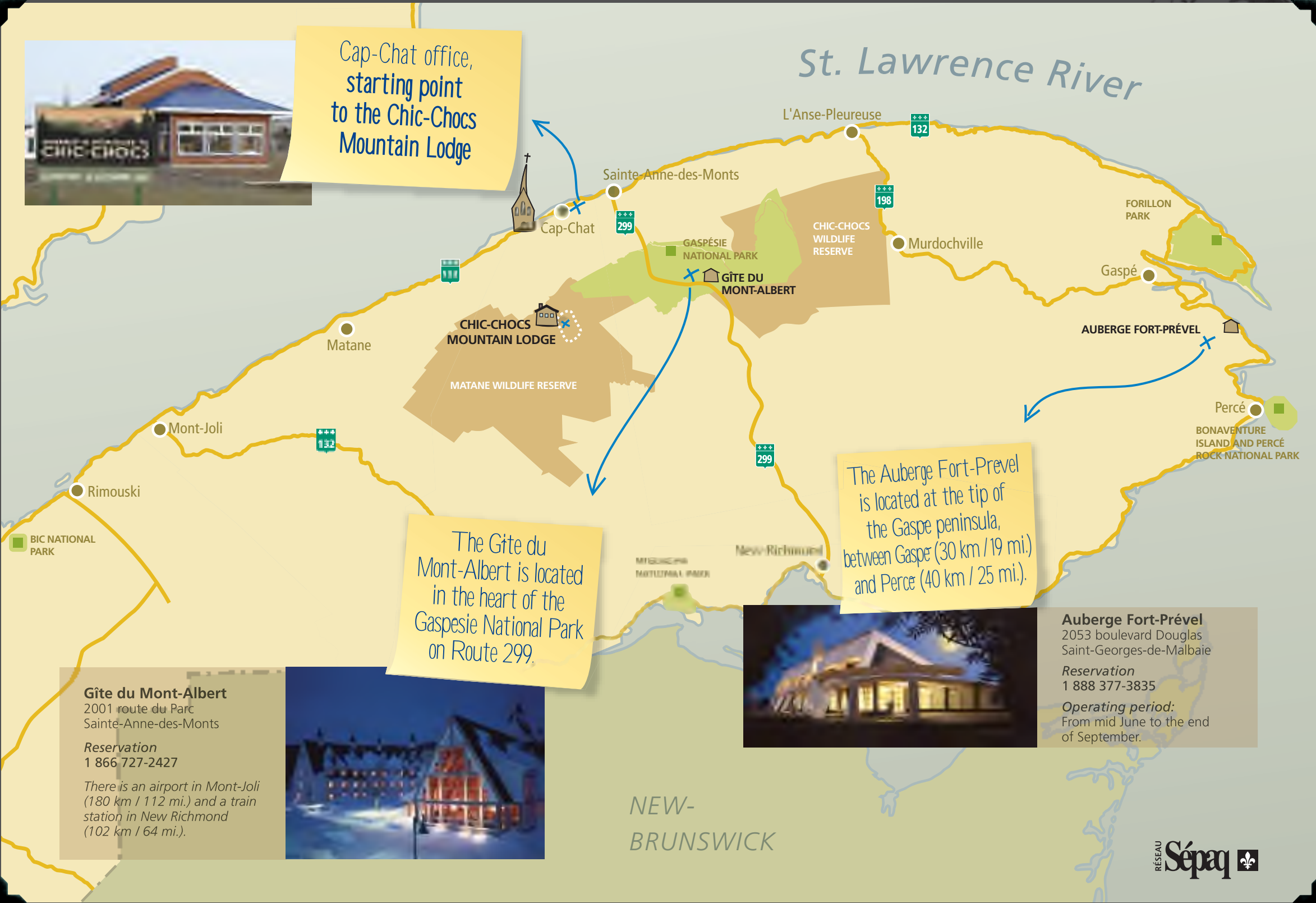
I look around and what I see takes
 my breath away. In the winter,
 the view is even more stunning;
 Mount Coleman and the Chute Helene
 waterfall both seem to be greeting us.
 And I feel alive again!



One surprising encounter after another!
 A vast playground that is home to Québec's
 3 big cervids animals; the moose
 (more than 5 per mile²), the caribou and
 the white-tailed deer. A few raptors even
 deigned to tip their wings at us...



St. Lawrence River



Cap-Chat office,
starting point
to the Chic-Chocs
Mountain Lodge



The Gîte du
Mont-Albert is located
in the heart of the
Gaspésie National Park
on Route 299.

The Auberge Fort-Prével
is located at the tip of
the Gaspé peninsula,
between Gaspé (30 km / 19 mi.)
and Percé (40 km / 25 mi.).

Gîte du Mont-Albert
2001 route du Parc
Sainte-Anne-des-Monts

Reservation
1 866 727-2427

*There is an airport in Mont-Joli
(180 km / 112 mi.) and a train
station in New Richmond
(102 km / 64 mi.).*



Auberge Fort-Prével
2053 boulevard Douglas
Saint-Georges-de-Malbaie

Reservation
1 888 377-3835

Operating period:
From mid June to the end
of September.

NEW-
BRUNSWICK



Who would have believed me! A trip deep into the Gaspé Peninsula that had me sometimes thinking that I was in Quebec's far north. Depending on the altitude, we wandered past fir trees, yellow birch and alpine tundra. Not to mention those huge, chest-high ferns!

Snow, snow everywhere!
More than 8 m (26 ft) every year.



With our Guides, your safety is assured

Our guides know these mountains inside out. The head guide and his team are here to help you choose your activities and discover the region's history and particularities. But, above all, they're here to ensure your comfort and safety so that you can confidently explore the region.

Here's what they propose in the winter:

- Snowshoeing
- Hiking on marked trails
- Wildlife observation
- Photography

• **For skiers :**

Alpine touring – A blend of back-country and downhill skiing. The main characteristic is the binding used, which has a toe AND heelpiece. The heel is left free when climbing up (with skins), and clicked in when skiing down. This allows you to recreate the delicious feeling of downhill powder skiing without the chairlifts and crowds.

OR

"Meta" Skiing – Half way between mountain skiing and snowshoeing, "Meta" skiing is characterized by a binding that can accommodate most insulated hiking boots, the heels of which are not attached. There is a climbing skin on a portion of the sole making it possible to climb slopes easily and to slow down during descents. This ski does not require any specific technique and is ideal for outings in a forest setting.

OR

NEW!

Splitboard – Split board was designed to be able to separate into two skis to permit the climbing of mountains, similar to Telemark. The heel is not attached to the binding during the climb. When the person is ready for the descent, the two skis are once again assembled; the bindings are adjusted, like a snowboard.

And in the summer:

- Mountain hiking
- Mountain biking
- Wildlife observation (moose, deer, caribou, birds of prey, etc.)
- Nature interpretation
- Photography
- Lake kayaking
- Fly fishing with catch and release (trout) in three of the six lakes located near the Lodge (no guide, fishing equipment and fishing licence not included).

Getting Out There... With or Without a Guide?

All the Lodge activities can be practiced with or without a guide depending on the area chosen to do them. The program can be adapted to your needs. Don't forget that you're at the Lodge to enjoy yourself at your own pace. You can be as active or relaxed as you wish. If you decide to kick back your feet near the fireplace, it's your choice.

Over time, different themes (cooking, writing, painting, photography, etc.) will be added to enrich the Lodge's activities. Contact us at Sépaq's Sales and Reservations Office at **1 800 665-3091** or at our Internet site, www.chicchocs.com.

Safety instructions for non-guided activities

- Stay on the trails.
- Indicate their intentions concerning outings in the outing register.
- Always carry a backpack containing a two-way radio, food, water, an insulated vest and a detailed map of the area.
- Wear a floatation vest on all types of watercraft.
- Wear a bicycle helmet.

Safety instructions for guided activities

- Always follow the guides' instructions during hikes and excursions.
- Always carry a backpack containing a two-way radio, food, water and an insulated vest.
- Wear a floatation vest on all types of watercraft.
- Wear a bicycle helmet.

Ready for the Summit?

There's a beautiful, isolated region waiting for you in the Chic-Chocs. And to make your stay with us as enjoyable as possible, the Lodge provides the following equipment:

For your winter pleasure

- **Snowshoes:** Louis Garneau, model – Escape
- **Alpine touring equipment:** Boots Lowa – model Structura. Skis Karhu – model Cobra. Bindings Diamir – model Explore. Climbing skins – Colltex brand
- **"Meta" skiing equipment:** Karhu brand – META model (insulated or non-insulated hiking boots)
- **Splitboard:** Prior brand (certain boot size available)
- Safety equipment (two-way radio, avalanche beacon, topographic map)

For your summer pleasure

- Mountain bike – KONA brand – Cinder Cone model (conventional pedals or Shimano type, model SPD-959)
- Boreal two-seater kayaks
- Floatation vest
- Safety equipment (two-way radio, avalanche beacon, topographic map)

Because we like every season!

- Telescopic walking sticks
- Thermos

Promising partners

Karhu

Karhu has chosen the Chic-Chocs Mountain Lodge as its development site for eastern North America. The diversity of the ski terrain, the excellent snow conditions (more than 8 m/ 26 ft), the steep slopes, and the presence of well-trained guides were some of the reasons behind this choice.

Chlorophylle

The different types of forests, the bare summits, and the presence of a meteorological station that provides well-documented climate conditions are some of the reasons why Chlorophylle chose the Chic-Chocs Mountain Lodge as their outdoor laboratory for testing new tissues and developing new clothing. Moreover, some of these products will be available at the Lodge's boutique.





For your safety

The Lodge guides are all trained to respond quickly in case of a problem. All of them have received wilderness first aid training, cardiopulmonary resuscitation (CPR) and the avalanche safety course given by the Centre d'avalanche de la Haute-Gaspésie.

A rescue protocol in case of emergency has been established with the different medical specialists in the region. Motorized vehicle access routes criss-cross the region and can be used when necessary.

Upon your arrival at the Lodge, we will provide you with:

- a two-way radio,
- a detailed topographic map,
- an Avalanche Beacon.

The Lodge has a fully equipped communication system. The Lodge guides carry rescue and radio equipment during all excursions.



Important notice concerning safety on the site

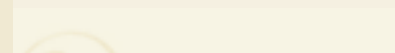
The Chic-Chocs Mountain Lodge offers accommodation and outings in a magnificent natural location. The Lodge insists on providing you with the safest supervision possible. Consequently, its personnel undergo rigorous, advanced training in prevention and in wilderness emergencies. Rescue equipment is stored in strategic spots at strategic locations on the territory. Communication and orienteering equipment can be provided. A rescue protocol in case of emergency has been set up with the different medical specialists in the region.

In the winter, an on-site meteorological station and daily snow-cover measurements allow us to determine the avalanche risks on certain portions of the territory.

In the summer, the Lodge is two hours by road from the town of Cap-Chat (two and a half in the winter) and close to two hours by road to the hospitals in Sainte-Anne-des-Monts and Matane. Transportation time in case of an accident can be long and difficult, given that an evacuation in a natural setting depends on several factors, most notably the seriousness of the incident, the climate and the location.

In other words, you must fully understand that, even though the proposed outdoor activities are not overly dangerous, the distance between the Chic-Chocs Mountain Lodge and local health services does represent an additional risk.

It is therefore absolutely essential that you respect all the safety instructions given by the guides and that you be very careful in all of your activities.





Small Baggage for Big Adventures

The Lodge is located in a mountainous setting in one of the most snowed-upon regions in all of Québec (more than 8 m/26 ft). In mountainous regions, the weather can change quickly, and on the bare summits, the wind can howl with a vengeance. We therefore advise you to use the "onion" clothing system, that is, dress with several layers of breathable clothes that can be taken off or put on as required.

To fully appreciate this mountainous location, we suggest you bring:

Winter clothing

- Hooded winter parka
- Insulated vest
- Ski pants
- Windproof pants
- Scarf or neck tube
- Wool or polar fleece toque (hat)
- 2 pairs of mittens
- Over-mittens
- Thermal underwear (pants and shirts)
- 3 pairs of socks
- Insulated or non-insulated hiking boots
- Ski helmet and glasses

Summer clothing

- Hooded windbreaker jacket
- Sweater or polar-fleece jacket
- Windproof pants
- Shorts
- T-shirts
- Scarf or neck tube
- Wool or polar fleece toque (hat)
- 3 pairs of socks
- Trails running shoes
- Bicycle helmet

4-season accessories

- Daypack (max. 30 l)
- Water bottle
- Sun glasses with UV protection
- Sun screen and lip balm (SPF 15 or higher)
- Camera (plus extra film and batteries)
- Binoculars
- Toiletry bag
- Bathing suit for the sauna and outdoor spa
- Slippers

Baggage instructions

- You can bring two pieces of luggage: a day pack and a flexible travel bag.
- All your bags must be clearly identified.
- **Your baggage must not exceed 20 kg (44 lbs) in weight (see list of equipment provided on page 19).**

N.B.

Certain restrictions apply to chartered flights.

In case you forget

You can always buy certain clothing articles and accessories at the Lodge's boutique. Among other items, the Chic-Chocs Mountain Lodge carries the Chlorophylle clothing line. **Please note, however, that inventory is limited and subject to change.**





Cap-Chat: Where the Adventure Begins

The Chic-Chocs Mountain Lodge is located 55 km (35 mi.) inland and south of Cap-Chat, in the Matane Wildlife Reserve. We'll be waiting for you at our office in Cap-Chat, since no personal vehicles can be driven to the Lodge.

Cap-Chat Office

10 Notre-Dame St. (Hwy 132)
Cap-Chat, Québec G0J 1E0

Telephone: **(418) 786-2626**

Limited office hours

Our Cap-Chat office is located in the same building as Valmont Plein Air, approximately 1 km (0.6 mi.) on the right after the church.

Arrival and departure protocol

You are asked to arrive at the Cap-Chat office **at least half an hour before the confirmed departure time** from the office. The time will be confirmed by e-mail or telephone approximately two weeks before your arrival.

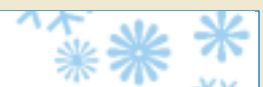
- In case of delay, please contact the Cap-Chat office to notify the Lodge employee about your situation.
- You may park your car free of charge at the Cap-Chat office for the length of your stay. The parking lot is lit but not guarded.
- An employee at the office will ensure your comfort upon your arrival. Beverages, snack food, maps and pictures of the region are available.
- A minibus will take you from the Cap-Chat office or the Sainte-Annes-des-Monts airport to the Lodge in summer. In winter, the minibus will take you to the base of the mountains; a snowcoach will be used for the last portion of the trip (40 km/ 25 mi.).

Total trip duration in winter is 2 and a half hours.

Total trip duration in summer is 2 hours.



Snow conditions: www.chicchocs.com





Transportation

You can get to Cap-Chat by car, train or plane.

From Québec City: 510 km / 315 mi. (6 hrs. by car, 1 hr. by plane)

From Montréal: 750 km / 465 mi. (9 hrs. by car, 2 hr. by plane)

From Mont-Joli: 133 km / 83 mi.

From Matane: 70 km / 43 mi.

From New Richmond: 160 km / 100 mi.

By car *

If you choose to go to Cap-Chat by car:

- If you're coming from Montréal, take Highway 20 East towards Québec City, then continue on to Rivière-du-Loup.
- Before you get to Rivière-du-Loup, there is a fork in the highway. Take the left fork leading to Rivière-du-Loup – Rimouski.
- After Rivière-du-Loup, Highway 20 becomes Highway 132 East.
- Continue along Highway 132 East. Before getting to Rimouski, you will have the choice of taking a scenic route or a continuation of Highway 20. Whichever route you choose, you will come back to Highway 132 East after Rimouski.
- Keep going east for another 180 km (112 mi.).
- At Cap-Chat, a sign on the shoulder of Highway 132, located approximately 1 km (0.6 mi.) after the Cap-Chat church, indicates the location of the Lodge's Cap-Chat office.

By train

Via Rail's Le Chaleur train provides service for the Gaspé Peninsula. There are several departures per week and you can travel comfortably in the night train. The return trips are every Monday, Thursday and Saturday. For more information www.viarail.ca and 1 888 VIA RAIL (842-7245).

Transportation from the train station to the Cap-Chat office is your responsibility. You can reach the office by taxi or rental car.

** Consult the central map of the Guide.*

By plane

Sépaq chartered flights

Packages including chartered Montréal/Québec City/Sainte-Anne-des-Monts flights are possible from mid-February to the end of March. Your comfort will be ensured throughout the trip. A shuttle will pick you up at the Sainte-Anne-des-Monts airport to bring you to the Lodge. It will also bring you back at the end of your stay. The flights and rates are subject to change without notice. For more information, please contact Sépaq's Sales and Reservations Office at 1 800 665-3091.

Regular flights

There are regular flights to Mont-Joli with Pascan (Montréal/Québec City/Mont-Joli, from Monday to Friday) and with Air Canada Jazz (Montréal/Mont-Joli, from Monday to Saturday). You can reach Pascan Aviation by consulting their Internet site at www.pascan.com or by dialling their toll free number, 1 888 313-8777. As for Air Canada Jazz, you can consult their Internet site at www.aircanada.ca or phone us for more flight information at 1 888 422-7533.

In the case of regular flights, transportation from the airport to the Lodge's Cap-Chat office is your responsibility. You can take a taxi or rent a car. Take Highway 132 East from Mont-Joli to Cap-Chat (133 km / 83 mi.). Our office is just off of Highway 132 on the eastern bank of the Cap-Chat River.

When planning your stay at the Lodge, you must take into account our arrival and departure times. Train and regular flight schedules might require that you sleep over in the region before and after your stay at the Lodge.

Catch your breath before arriving at the Chic-Chocs Mountain Lodge by reserving a room with a view of the mountain at **Gîte du Mont-Albert**. You can also consult the *accommodations* tab of www.bonjourquebec.com to plan your itinerary in the magnificent Gaspésie Region.

Consult the central map of the Guide on p.14-15 to plan your stay in the region or contact Sépaq's Sales and Reservations Office at 1 800 665-3091.



*Travel Insurance**

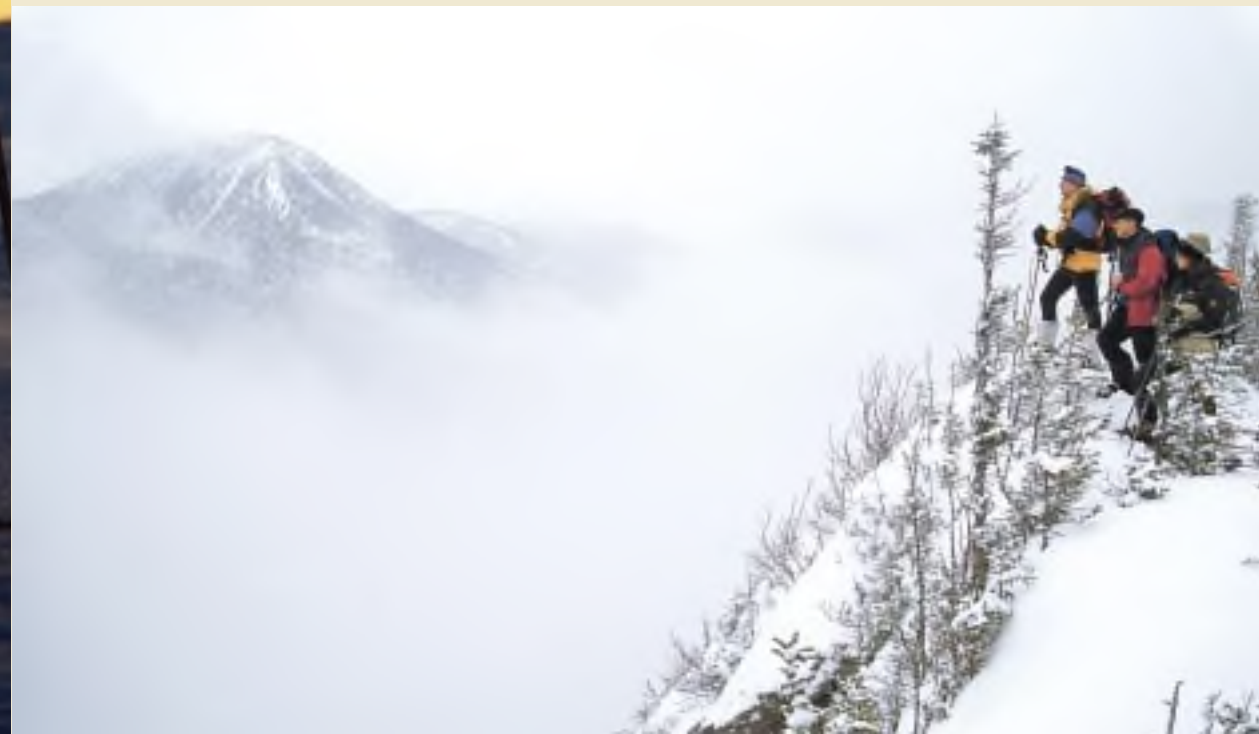
In cooperation with Blue Cross, Sépaq is offering quality travel insurance to its clients. This insurance will reimburse accommodation and transportation costs under certain conditions (trip cancellation for personal reasons, shortened stay, poor weather conditions, etc.). Our Sales and Reservations Office will gladly answer any questions you might have about this insurance.

**Please talk with our Sales and Reservations Office to take out an insurance policy as soon as possible.*

Medical Insurance

You must have insurance in case of cancellation due to an accident or illness. You are entirely responsible for the transportation costs in case of an emergency evacuation. We recommend that you check with your insurance or credit card companies to see if one of them offers coverage for all the costs related to emergency transportation (shuttle, ambulance, helicopter), medical treatment and hospitalization.

SÉPAQ RESERVES THE RIGHT TO CHANGE WITHOUT NOTICE THE SERVICES, TERMS AND RATES GIVEN IN THIS GUIDE.



Such a great place
to go to.
Such a hard place
to come home from

In case of emergency

The Chic-Chocs Mountain Lodge phone number is **(418) 907-9024**.
Please note that this is a direct number in the 418 region.

For information and reservations, call

1 800 665-3091 • ChicChocs.com.



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**Réserve faunique
de Matane**

