

Park Journal



PARC NATIONAL
du Mont-Orford

2007-2008 Edition



THE GRAND TOUR OF QUÉBEC'S NATIONAL PARKS



Environmental protection is at the heart of the concerns of our society. Not a day goes by without this topic being discussed in the media and public forums. In addition to adhering to the strict conservation mission of national parks, Sépaq has chosen to adopt an ecological approach in the day-to-day management of territories.

Most of the good practices implemented aim to reduce energy consumption, drinking water consumption, and greenhouse gases emissions associated with the improvement of and access to national parks.

Among the many actions taken to improve our management-related environmental scorecard, mention may be made notably of the residual material management program, the use of 100% post-consumption recycled paper, the reduction of our fleet of vehicles, greater reliance on public transit services, the use of solar energy, better

water management by controlling shower utilization times, the use of biodegradable household products, and the reduction of grass-covered surfaces.

We would like to thank all Quebecers and visitors from outside Québec who have chosen to frequent national parks over the last seven years.

Your comments have enabled us to improve our approaches as well as the range of activities and services that we offer. Your many visits, close to 3.6 million visit-days in 2006, have encouraged us to offer you, on a daily basis, a high-quality "Park Experience" tailored to your needs. Continue to inspire us... For our part, we promise to keep up our work: promoting the discovery of and access to Québec's most beautiful protected natural heritage while ensuring an acceptable minimum impact.

National parks are here for you to enjoy!

Discover our regional parks



Raymond Desjardins
 Raymond Desjardins
 Vice-president of Operations
 Parcs Québec

Yvan Bilodeau
 Yvan Bilodeau
 President and CEO
 Sépaq



Welcome to Parc national du Mont-Orford!



A Word from the Director

A warm welcome from the Parc national du Mont-Orford team. Enjoy the park to the fullest by practicing your favourite activities: hiking, aquatic activities, biking, cross-country skiing and snowshoeing. We also have a host of discovery activities to choose from. Our park wardens will share their passion and inevitably spark your own.

Succumb to the charms of the Eastern Townships, with its gently rolling hills

and pristine lakes. Feast your eyes on the gorgeous landscapes and immerse yourself in an art of living that invites you to savour every minute.

Have a wonderful visit!

Pierre Dépelteau, Director
Parc national du Mont-Orford

The mission of Parcs Québec

With a view to achieving harmonious development at the cultural, social, economic and regional levels, Parcs Québec is responsible for the conservation and development of territories that are representative of Québec's 43 natural regions or exceptional sites, while ensuring that they are accessible for educational and outdoor use.

All of Québec's national parks were created in accordance with World Conservation Union standards. The criteria are defined as follows:

- A relatively vast area that represents one or more ecosystems that are moderately or not at all transformed by exploitation;

- Where animal and plant species, geomorphological sites and habitats are of particular interest from a scientific, educational or recreational viewpoint, and that offers scenery of great beauty;
- In which the highest competent authority of the country has taken measures to eliminate exploitation and to instil respect for the ecological, geomorphological or aesthetic aspects, on the whole;
- Where a visit is authorized, under certain conditions, for educational, cultural or recreational purposes.

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**Parc national
du Mont-Orford**

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La Cabane-à-Sucre

- Swimming and picnicking (Stukely and Fraser beaches)
- Snack bar (Stukely and Fraser)
- Convenience store (Stukely)
- 470 campsites at lakes Stukely and Fraser
- 21 primitive camping platforms (hiking)
- 4 bicycle camping sites
- 3 huts for community lodging

*These services are limited during the low season.

Marshmallow Sticks

All campers are invited to roast their marshmallows with Sauve-Forêt (save the forest) sticks instead of branches taken from shrubs and trees. Get your marshmallow sticks at the Visitors Centre and La Grande-Halte in the Lac Stukely sector as well as at the Information Kiosk in the Lac Fraser sector.



Power failure

During a power failure lasting more than 15 minutes, the sanitary facilities are closed. Please note that a power failure temporarily stops the supply of water.

Fees and Services

Current Entry Fees (taxes included)

Person, Category or Group of Persons	Daily rate (1 park)	Annual (1 park)	Annual (Network)
Individual Rates			
Adults(18 years and over)	\$3.50	\$16.50	\$30
Children (6 to17)	\$1.50	\$7.50	\$15
Children (0 to 5)	Free	Free	Free
Family Rates			
1 adult with children 6 to 17	\$5	\$25	\$45
2 adults with children 6 to 17	\$7	\$35	\$70
Organized Group Rates (15 persons or more)			
Adults, 18 and over	\$3/pers.	N.A.	N.A.
Rates for organized youth and school groups			
Youth or children groups and adult attendants	Free	Free	Free

Beach Parking Fees (taxes included)

Category	Daily	Season
Car/boat	\$7	\$42
Motocycle	\$4.50	\$27
RV or trailer	\$7	\$42
Minibus	\$14	N.A.
Bus	\$28	N.A.

Notes :

- Season parking stickers are valid for 1 season only. Season dates vary from one park to another.
- Season parking stickers are accepted at all parks with parking fees.
- As is the case for entry fees, parking is free for organized youth groups or school groups.



Craft Rental (taxes not included)

	Hour	Half-day	Day
Rowboat.....	\$10.75	\$21.28	\$30.50
Canoe.....	\$12.51	\$24.79	
Solo kayak.....	\$11.19	\$22.38	
Tandem kayak.....	\$13.60	\$26.99	
Pedal boat (2-seater).....	\$12.51	\$24.79	
Pedal boat (4-seater).....	\$17.33	\$29.84	

Morning discounts for campers! Information at craft rental location.

Rates subject to change without prior notice.

Camping (taxes not included)

3 services: water, electricity (50 amps) and sewer.....	\$33.97
3 services: water, electricity (30 amps) and sewer.....	\$32.47
2 services: water and electricity.....	\$28.96
1 service: electricity.....	\$27.42
Semi-serviced (water and sanitary building nearby).....	\$21.94
Primitive camping – hiking (1 tent/ 2 people).....	Starting from \$17.11
Group campground (rate per person, minimum 15 people).....	\$8.56
Huts.....	\$17/adult (summer)*, \$18 /adult (winter)*, 75% children aged 6 to 17*

Rates subject to change without prior notice. *Non-taxable.

Ready-to-Camp Packages

Packages include one trailer accommodating 6 people with basic equipment (stove, propane, tableware, etc.). Information and reservations: 1-800-665-6527 or www.parksquebec.com.

BUY NATURE

Did you know that Parcs Québec “Boutique Nature” stores offer a wide range of souvenirs, clothing, and nature discovery products?

And now, to gradually eliminate the use of plastic bags in its network, Parcs Québec is offering reusable bags – a tangible way of helping preserve our precious environment!

100%

recyclable
reusable
made in Québec
ecological
environmentally friendly



Visit our virtual boutique at ParcsQuebec.com

ALL PROFITS ARE REINVESTED IN THE PARKS TO ENSURE THEIR PRESERVATION.



AVENTURE ÉCOTOURISME QUÉBEC at parc national du Mont-Orford

The outfitters, members of Aventure Écotourisme Québec, in collaboration with Sépaq, offer you several stays and guided activities especially conceived for having you discover exceptional natural spaces.

AEQ groups together more than one hundred producers in adventure tourism and in ecotourism that join forces for offering you high-quality products.

Plan your next guided outing with:

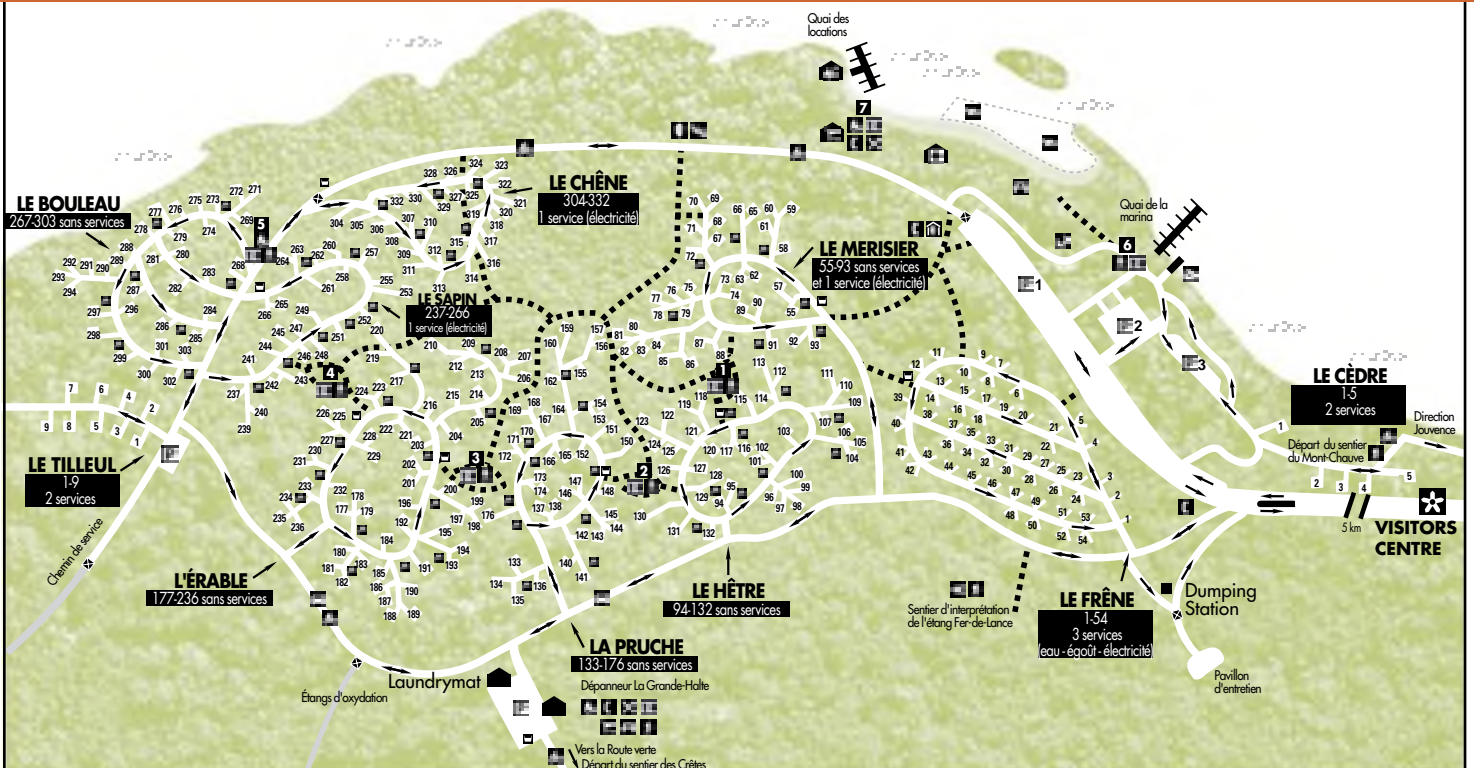
- Détour Nature
 - Cross country skiing
 - Snowshoeing
 - Hiking
- 514 271-6046

For more information on the Association and his members: www.aventure-ecotourisme.qc.ca



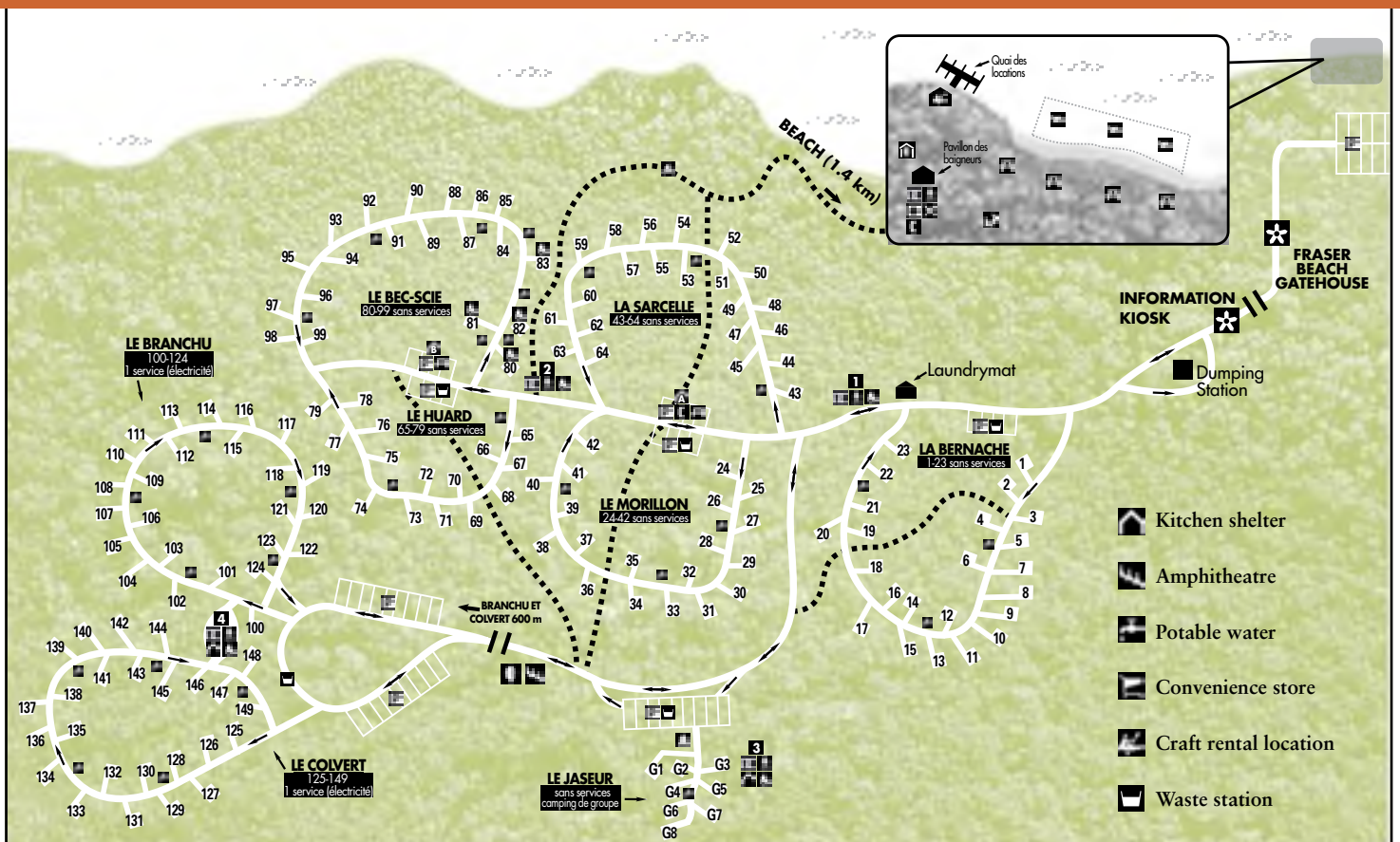
Camping – Lac Stukely Sector

Open from: May 11 to October 8, 2007



Camping – Lac Fraser Sector

Open from: June 15 to September 3, 2007



Park Rules: So that the show can go on!



At all times, campers are asked to use headphones during the use of a radio.

Respect for the Environment

Preserving the natural surroundings is everybody's business. It is therefore prohibited to:

- Bring in animals, except for working guide dogs;
- Kill, capture, hurt, molest, harass, feed, or tame animals;
- Burn trash in campfires or throw trash anywhere except in the containers provided;
- Cut down, damage, remove, or bring in trees, shrubs or herbaceous plants, or parts thereof;
- Collect dead wood;
- Leave dishes or food lying around. Out of respect for the wildlife, food should be put away in vehicles.

Arrival and Departure

- Arrival : 3 PM to 10 PM
- Arrivals before the indicated time must pay the daily access fee as well as the applicable beach parking fee. Camps must be set up by 10 PM, after which time access to campsites may be restricted. Sépaq does not guarantee campsite availability before 3 PM.
- No refunds will be given in the case of a late arrival or a departure before the end of the stay for any reason, other than being asked to leave by Sépaq.
- Having a reserved campsite does not give its occupant priority in extending his or her stay by more than the nights which are paid for.
- **When you leave please deposit your departure ticket in the box reserved for this purpose at the campground office.**

General Rules and Regulations

- Making excessive noise should be avoided at all times. This includes the use of radios, generators, air conditioners, etc.
- The curfew is in effect from 11 PM to 8 AM.
- Each campsite can accommodate a maximum of six persons.

- A maximum of two tents or one tent and a registered recreational vehicle are allowed if the campsite can accommodate them. Kitchen tents are also permitted in both cases.
- The number of people included in the rates is TWO ADULTS, plus children under 18. However, the maximum number of people permitted at a site is still six, as above. Additional adults must each pay \$4.83 per night plus taxes.
- Two cars maximum may be parked on a campsite. The camp rate includes 1 vehicle. Parking fees apply to all additional vehicles.
- To protect the vegetation surrounding campsites, camps must be set up only in the areas that are cleared and marked for this purpose.
- Campfires are permitted only in areas prepared for the purpose. They must be monitored at all times and be put out before bedtime.
- In parks, campers can occupy a campsite for a maximum stay of 14 consecutive nights. There is no limit at wildlife reserves and recreation areas and resorts.
- Installing a clothesline is permitted. However, it must be taken down after use.
- Firearms, hunting and trapping gear are forbidden in parks.
- Visitors are admitted into parks until 8 PM and must depart by 10 PM.
- The maximum driving speed in campground areas is 10 km/hour.

Public peace

- All campers staying in the park must refrain themselves from disrupting the tranquillity, the comfort and the security of others.

Cleanliness and Damage to Equipment

- Campers must leave their campsites and any equipment they use clean and tidy at all times.
- Customers will be charged for any damage done to Sépaq equipment. Campsites left untidy will be cleaned at the customers' expense.

IMPORTANT MESSAGE

Anyone who breaks these regulations will be immediately barred from the park with no refunds.

Jean-Paul Lemieux
The Classical Period, 1950-1975
From June 21 to October 9, 2007

It's worth a visit!

A production by MNEBO
A collection of musical instruments from the 1950s to 1970s. On loan from the Musée de la Ville de Québec.
Photo : Jean-Guy Héroux

Musée des beaux-arts de Sherbrooke
241, Dufferin Street, Sherbrooke J1H 4M3 • 819 821-2115
www.mbas.qc.ca

Schedule: Discovery Activities

Note : Activities in French only

If it rains

In case of rain, the Lac Stukely sector presentations will be held in the Visitors Centre and the Lac Fraser sector presentations will be cancelled. The *Qui croira verra* activity will be cancelled in both sectors.

Note

- Children must be accompanied by an adult for all activities.
- Finishing times for these activities may vary according to the groups.
- Activities will be held with a minimum of 6 participants.



Castor bricoleur



De l'œuf à la tortue

Spring – Lac Stukely Sector

DATES	TIME	ACTIVITY	MEETING POINT
May 19-26 and June 2	7:30 p.m. to 8:30 p.m.	Symphonie de l'étang	Visitors Centre
June 9	7:30 p.m. to 8:30 p.m.	De l'œuf à la tortue	Visitors Centre
June 16 and 22	9:00 p.m. to 10:00 p.m.	De l'œuf à la tortue	Amphitheatre
May 19-26 and June 2-9-16	9:30 a.m. to 12:00 p.m.	L'étang Fer-de-Lance (posted activity)	Fer-de-Lance pond lookout

Summer – Lac Stukely Sector (June 23 to August 19)

DAYS	TIME	ACTIVITY	MEETING POINT
Monday	5:30 p.m. to 7:30 p.m. 9:00 p.m. to 10:00 p.m.	L'arcane des cerises 📞 \$ Fou d'ailes	Visitors Centre Amphitheatre
Tuesday	9:30 a.m. to 10:45 a.m. 5:00 p.m. to 6:15 p.m. 9:00 p.m. to 10:30 p.m.	Forêt y hêtre Castor et compagnie Safari de nuit 📞 \$	Fer-de-Lance kiosk Visitors Centre Visitors Centre
Wednesday	9:30 a.m. to 10:30 a.m. 9:00 p.m. to 10:00 p.m.	Castor bricoleur À la croisée des chemins	Lac Stukely beach Amphitheatre
Thursday	9:30 a.m. to 11:30 a.m. 9:00 p.m. to 10:30 p.m.	L'arcane des cerises 📞 \$ Batman... 📞 \$	Visitors Centre Visitors Centre
Friday	9:30 a.m. to 10:30 a.m. 5:00 p.m. to 6:15 p.m. 9:00 p.m. to 10:30 p.m.	Apprenti garde-parc Castor et compagnie Safari de nuit 📞 \$	Amphitheatre Visitors Centre Visitors Centre
Saturday	9:30 a.m. to 10:30 a.m. 5:30 p.m. to 7:30 p.m. 9:00 p.m. to 10:00 p.m.	Parcours creuse-ciboulot L'arcane des cerises 📞 \$ Qui croira verra	Fer-de-Lance kiosk Visitors Centre La Grande-Halte
Sunday	1:30 p.m. to 2:00 p.m. 9:00 p.m. to 10:00 p.m.	Théâtre de marionnettes Des sabots plein les bois	Lac Stukely beach Amphitheatre

* Check the bulletin boards for activities held from August 20 to 26, 2007.

Summer – Lac Fraser Sector (June 23 to August 19)

DAYS	TIME	ACTIVITY	MEETING POINT
Monday	9:30 a.m. to 10:30 a.m.	Apprenti garde-parc	Abri-cuisine "A"
Tuesday	9:00 p.m. to 10:00 p.m.	Des sabots plein les bois	Amphitheatre
Wednesday	9:00 p.m. to 10:30 p.m.	Safari de nuit 📞 \$	Abri-cuisine "A"
Thursday	5:00 p.m. to 6:15 p.m.	Castor et compagnie	Amphitheatre
Saturday	1:30 p.m. to 2:00 p.m. 9:00 p.m. to 10:00 p.m.	Théâtre de marionnettes Fou d'ailes	Lac Fraser beach Amphitheatre
Sunday	Between 9:30 a.m. and 10:30 a.m. 9:00 p.m. to 10:00 p.m.	Parcours creuse-ciboulot Qui croira verra	Abri-cuisine "A" Amphitheatre

Fall – Lac Stukely Sector

DATES	TIME	ACTIVITY	MEETING POINT
September 2 and October 6	7:00 p.m. to 8:00 p.m.	Revoilà l'automne!	Visitors Centre
Sept. 22-23 Sept. 29-30 Oct. 6-7-8	From 10:30 a.m. to 4:00 p.m., meet the park wardens on the trails (Colline des Pins, Fer-de-Lance and Martin pond lookouts). For more information, inquire at the Visitors Centre.		



SPRING ACTIVITIES

Symphonie de l'étang

Plunge into the fascinating world of frogs and let yourself be seduced by their spring chorus.
(Illustrated presentation)

De l'œuf à la tortue

An illustrated presentation to learn more about turtles and their egg laying season in the park.

L'étang Fer-de-Lance

A park warden awaits you at the Fer-de-Lance pond lookout so that you can discover and observe all the life found in it.

SUMMER ACTIVITIES

HIKES

Parcours creuse-ciboulot

Head down a many-detoured path in a forest that raises some surprising questions. Self-guided activity lasting approximately 45 minutes.

Forêt y hêtre

Follow the guide under a forest canopy of flourishing maple and beech trees to discover what hides there.

Safari de nuit

A night hike that will awaken all of your senses. Be prepared for a mystery stroll...
Cost: \$4/adult, \$2/child, free for children 6 and under.

Castor et compagnie

Step into the king of the pond's intriguing world on this exciting hike. Take a ringside seat to witness the important role that beavers play in our environment.

L'arcane des cerises

Take a canoe ride to the heart of the Aux Cerises pond valley. More than one pond secret will be revealed! Equipment included.
Cost: \$10/adult, \$5/child, free for children 6 and under.

PRESENTATIONS

À la croisée des chemins

Step back in time as you discover the rich land that makes up the Eastern Townships. Illustrated presentation... like a big open book.

Fou d'ailes

So you find birds fascinating? But what do you really know about them? Come to this illustrated presentation and let yourself be seduced by the winged race.

Des sabots plein les bois

Follow the tracks of the white-tailed deer during this illustrated activity!

Batman contre les vampires!

Think that bats are evil creatures? Don't be so sure! Come to this illustrated presentation and get a chance to meet them.
Cost: \$6/adult, \$3/child, free for children 6 and under.

Qui croira verra!

Settle in by the light of the campfire in the middle of the forest to listen to stories of the past, far from watchful eyes...

CHILDREN'S ACTIVITIES

Apprenti garde-parc (6-12 ans)

Become a park warden for a short time. Can you keep watch over the park?

Castor bricoleur

Pretend that you are a beaver as you build a dam and lodge. Learn all about this architect of the pond... a truly amazing animal.

Théâtre de marionnettes

To your greatest delight, the puppets are the stars of the show. Short plays and curtain calls will make you laugh and think!

FALL ACTIVITY

Revoilà l'automne!


How does nature adjust when the leaves begin to turn? The answer (and much more!) will be revealed during this illustrated presentation.

REGISTRATION REQUIRED FOR THESE ACTIVITIES:

- L'ARCANE DES CERISES
- BATMAN CONTRE LES VAMPIRES!
- SAFARI DE NUIT

How to register:

Sign up at the Visitors Centre (Lac Stukely sector) or Information Kiosk (Lac Fraser sector) starting at 8:00 a.m. the day before the activity is scheduled.

 Payable at the activity (cash only). Taxes included.



Musée
de la nature
et des sciences

225, rue Frontenac, Sherbrooke (Québec)
Sans frais : 1 877 434-3200 • www.mnes.qc.ca



Explore the Park!

📌 On these trails, you will come across french self-interpretation signs. They will inform you about the wildlife and the natural phenomena of the park.

Hiking

	Lenght and Duration	Difficulty Level	Starting Point
📌 Fer-de-Lance pond Trail A pleasant hike through a maple grove that will lead you to the Jean-Paul-Hamel lookout.	2.2 km 1 hr.	Easy	Stukely Campground (Facing the Frêne camping Loop)
Trois étangs Loop (Trails 2 and 10) Discover the marvels of the Martin, Du Milieu and De l'Ours ponds.	5 km 2 hrs.	Easy	Visitors Centre
Mount Chauve Loop Walk this trail and you will reach the bald summit of Mount Chauve close to 600 metres.	9 km 4 hrs.	Intermediate to difficult	Stukely beach parking lot
Des Crêtes Trail (Under construction!) Go for the ridges and collect summits! To reach the beginning of the Des Crêtes Trail and its Escalier du Nord, follow trail 9 from La Grande-Halte.	Pic de l'Ours 4.8 km* 3.5 hrs. Mount Orford 9 km* 5.5 hrs.	Difficult	La Grande-Halte (Stukely campground)
Altitude : <ul style="list-style-type: none"> - Pic de l'Ours : 740 metres - Mount Orford : 853 metres 			

* One way only, from La Grande-Halte.

Please note that several multi-purpose trails used for cross-country skiing in winter enable the whole family to discover the wonders of nature.

Canoes and Kayaks (boatlaunch)

📌 Aux Cerises pond Explore this pond by following the self-interpretation ecological route. Get a guidebook at the Visitors Centre and follow the numbered buoys on the water.	Visitors Centre
Stukely lake	Stukely lake marina
Fraser lake	Fraser lake nautical pavilion

Craft rental: Visitors Centre, Stukely and Fraser beaches

To preserve the natural environment, it is forbidden to land or disembark on the islands and on the shores.

Bike Path

📌 **La Montagnarde (Route verte)**
 More than 10.4 km of bike trail passing by the Visitors Centre and crossing the park east to west. Four bicycle camping sites available. For experienced cyclists!

Multi-Purpose Paths

Buy a general map of the park to see the entire bicycle network.



Fer-de-Lance pond Trail

Long Hikes

Les sentiers de l'Etrie cross the park over an itinerary of 23.2 km borrowing the Crêtes and Mount Chauve trails. Two primitive campgrounds, Le Vallonnier and L'Entremont, as well as Le Castor hut are on the itinerary and make it possible to cover the distance over two days or more. It is also possible to use a campground of the Stukely sector located just a few steps from your route. For the campground and huts, don't forget to reserve in advance. Access these trails either from the Ruisseau David Trail (on Route 220 at the height of Chemin des Nénuphars) or the Ruisseau des Chênes Trail (on Route 112, taking exit 115 on Highway 10, heading toward Eastman).

Des Crêtes Trail Under Construction... but still open!

Significant restoration and relocation work on the Des Crêtes Trail is planned again this year in order to stabilize the walking surface and fix several drainage problems. Park staff will be happy to tell you about our progress.

Fall Colours

This autumn, enjoy the extraordinary colourful landscapes by traversing park trails by bicycle or on foot. On the weekends, park wardens along the trails will be happy to chat with you about the distinctive characteristics of the park.

Winter Delights!



Patrollers Wanted

The Canadian Ski Patrol System (CSPS) is proud to ensure the safety of skiers and snowshoers in the Parc national du Mont-Orford every weekend in the winter.

The CSPS is always looking for new members. Do you enjoy cross-country skiing and like helping people? Join our patrol team!



OPCS : 1-888-562-4003
parcorford@pcsquestrie.com
www.pcsquestrie.com



For information about the Club de ski de fond du parc du Mont-Orford:
www.skidefondorford.qc.ca

First Snowfall of the Season

From the first snowfalls, the trails are closed to hiking due to the preparation of cross-country ski trails. Please note that a 1.6 km winter hiking trail is accessible from the Visitors Centre parking lot.

Trail Preparation

Inquire about our trail preparation policy at the Visitors Centre!



Take shelter!

Feel like spending the night under the stars or taking shelter to prolong your stay? Our huts and primitive campsites are perfect for this type of adventure and are open year-round!

Inquire at the Visitors Centre: 819-843-9855 • Reservations: 1-800-665-6527 • www.parksquebec.com



Think summer...

National park campsites can be reserved up to four months in advance. Plan ahead, reserve between January 15 and April 30.

Reservations : 1-800-665-6527 • www.parksquebec.com



Strap on your Snowshoes!



Trails	Length and Duration	Difficulty Level	Starting Point
Colline des Pins Loop	2.2 km 1 hr.	Easy	Visitors Centre
Aux Cerises pond from A to Z	7.9 km 4 hrs.	Intermediate	Visitors Centre
La Chouette Loop	3 km 1.5 hrs.	Easy to intermediate	Visitors Centre
Des Loutres Loop (from trail A)	12.2 km 5.5 hrs.	Intermediate	Visitors Centre
Mount Chauve Loop (from trail Z)	16 km 7 hrs.	Difficult	Visitors Centre
Ruisseau David Trail	8.8 km 3.5 hrs.	Intermediate to difficult	Entrance from Route 220
Ruisseau des Chênes Trail	5 km 3 hrs.	Difficult	Entrance from Route 112

All distances are calculated as a round trip from the starting point.

Ask about our snowshoe trails at the Visitors Centre and watch for the opening of a new trail this winter!

Activities and Services

- Cross-country skiing: over 50 km of trails of varying difficulty level and accessible according to the classic or skating step styles (26 km);
- Mountain snowshoeing: nearly 30 km of marked trails;
- Equipment rental boutique;
- 3 huts for community accommodation;
- Winter camping.

OUR GREEN APPROACH TO THE DAILY MANAGEMENT OF NATIONAL PARKS

Sépaq thinks and acts green in managing the national parks under its care. It knows how important national parks are to the success of sustainable development and lets this guide every environmental decision it makes. Concrete measures include:

- **An ecological integrity program** to monitor the state of health of parks
- More and more buildings powered by **solar energy**
- **Public transportation** in the Hautes-Gorges-de-la-Rivière-Malbaie, Gaspésie, Jacques-Cartier and Oka national parks
- **Electric vehicles** in the Oka and Îles-de-Boucherville national parks
- Downsizing and rationalization of the **vehicle fleet**
- Reduction in **drinking water consumption** in campgrounds thanks to water meters in showers
- **A waste management program**
- Progressive discontinuation of the use of plastic bags for consumers
- Promotion tools printed on **100% postconsumer paper**
- **Biodegradable household products**
- **Natural or neon lighting**

These actions are proof of our commitment to help improve the use of resources and preserve the land for the benefit of current and future generations.

Behind the Scenes...



Des Crêtes restoration team

Giving the Des Crêtes New Life

No matter your reasons for visiting the Parc national du Mont-Orford, you will surely want to try out our hiking trails. If you venture onto Des Crêtes, you will be pleasantly surprised!

We began beautifying the trail between June and October of 2006 and will do the same this year. The L'Escalier du Nord, which leads to Pic de l'Ours, is being restored to ensure better drainage and make its 3.4 km climb safer and more enjoyable.

The mountain crest is getting a much-needed facelift. Given its advanced deterioration, we opted to relocate it completely. A brand new route will now lead you to Pic de l'Ours at the top of Orford's mount. Offering several views and landmarks, both natural and caused by its layout, this trail will lead you through different types of forests. Be aware, however, that reaching the peak involves a sometimes steady 4.1 km climb that takes about two hours to complete.

This summer, grab your hiking boots, backpack, water bottle and lunch and head out to rediscover this overhauled trail. Somewhere along the 7.5 km detour that connects Le Ponceau to the Mount Orford's summit, you will come across the Des Crêtes restoration team. Take a minute to encourage them. When you are working in the woods for nearly five months, you are always happy to have visitors!



More Accomplishments in 2006

- Continued restoration of the Le Vallonnier primitive campground.
- Monitoring and new restoration of the Ruisseau David, Ruisseau des Chênes and Mont-Chauve trails.

THE GREAT OUTDOORS AND CONSERVATION - THE 7 PRINCIPLES OF *Leave No Trace Canada*

Because its role encompasses more than conservation alone, Parcs Québec wants to use every possible occasion to foster support among visitors to its national parks for the adoption of ecologically responsible practices in outdoor activities. This is the reason Parcs Québec is proud to have chosen to promote the principles of *Sans trace*, the french version of the popular American *Leave No Trace* program. This code of outdoor ethics is based on the following seven principles:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimise Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors



These principles are of course inherent in the regulatory framework that governs our national parks.

At the same time, awareness and application of *Leave No Trace* values in every single one of our outdoor activities, even the most unnoteworthy among them, can help reduce their impact on our natural environment.

To learn how you can best play your part inside Québec's national parks, you can consult www.parksquebec.com, and click on the *Conservation Mission* tab.

To find out more about *Leave No Trace*, go to www.aventure-ecotourisme.qc.ca, choose English, then click on the *Leave No Trace* tab.

Indulge your sweet tooth at the experimental sugarbush!



Have you ever visited the La Cabane-à-Sucre hut? Its name (sugar house in English) clearly calls to mind the area's past. In fact, a sugarbush was in operation on this very site thirty or so years ago.

The story begins in 1971, when the building was erected. The Ministère des Terres et Forêts at the time wanted to set up an experimental sugarbush in an effort to develop the maple industry.

Launched in the spring of 1972, the first season started off with a staggering task: setting up a possible 8 000 taps on hilly terrain. Various studies were conducted

throughout the harvests: researching how fertilization affected the volume of sap collected, experimenting with different types of spouts, testing the first tubing systems... All of this, plus the sugarbush's educational mission: to offer visitors a sweet sugar house experience!

In 1976, severe wind squalls caused a substantial windfall. Only 2 000 of the 8 000 potential taps remained. This incredible loss meant the end of the research site, which was moved to St-Norbert, near Victoriaville.

The sugar house was torn down in 1999 to make way for the current hut,

which better meets the needs of its visitors. Despite its new calling, the site still holds memories of a sugarbush that contributed to the boom of Quebec's maple sugar industry.

We would like to warmly thank Nil Lambert, the person in charge of the experimental sugarbush, for telling us about this chapter in the Parc national du Mont-Orford's history.



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Through the Branches...



Wildlife Sightings

These are the animals visitors and park employees spotted in 2006.

- An albino white-tailed deer
- Moose
- Black bears (several sightings)
- Lynx (a mother and her two young)
- Groups of wild turkeys

Please continue sharing your observations. They are important to us. Thank you!



Growing Number of Residents

Easy to spot, Canada geese and their young can be found strutting around the park's different bodies of water. These large geese have about six young per nest, sometimes more. They belong to a subspecies (breed) that stays in Southern Quebec to nest. Increasingly common, the North American population is now said to exceed one million individuals. Usually, Canada geese nest much further north. In fact, nesting has only occurred in the park in the last several years and is becoming more widespread. First introduced in the northeastern United States in the 1930s, this subspecies is moving north and adapting very well. Moreover, it is growing at an incredible rate, is not very fearful of humans and can cause ecological as well as maintenance problems.

We sometimes find a surprising quantity of droppings in the park's picnic areas and on its beaches. We install rope barriers in an effort to keep the birds away from these areas, as we did last year at the Aux Cerises pond. A few couples nested at the Sayat-Nova pond (Orford Arts Centre). Canada geese were also spotted at the Fer-de-Lance pond and Stukely and Fraser lakes.

Ornithological Inventories

The park, in collaboration with the *Société de loisir ornithologique de l'Estrie* (SLOE), has carried out ornithological inventories for the last eight years. Every spring, twenty or so bird lovers walk the trails, noting every flutter of wings, peep or birdsong. A total of 210 bird species were surveyed in the park. If birds interest you, a list of the species you are most likely to see or hear is available upon request at the Visitors Centre and on www.parksquebec.com

A graphic with a green background and a recycling symbol in the top right. It features three panels: 'Glass...' showing a woman putting a bottle in a green bin; 'Metal...' showing a man putting a can in a green bin; and 'And plastic...' showing a woman putting a bottle in a green bin. A boy is holding a yellow bin labeled 'PLASTIC GLASS, METAL'. A speech bubble from the boy says: '...are recyclable. Thank you for contributing to the protection of the environment by putting your containers in the tubs provided for this purpose, in all national parks in the Parcs Québec network.'

Recycle! It's important...

Glass...

Metal...

And plastic...

...are recyclable. Thank you for contributing to the protection of the environment by putting your containers in the tubs provided for this purpose, in all national parks in the Parcs Québec network.

Crafty, those carnivorous plants!



Pitcher-Plant (leave and flower)

Plants usually make their food through photosynthesis. Unfortunately, it is difficult to draw the required minerals from poor soil, as found in peat-bogs. Some species, like the following carnivorous plants, have managed to colonize these acid environments by developing different food strategies. Are you imagining giant plants with their jaws wide open, waiting to snatch an unsuspecting insect in mid-flight? Not quite! Carnivorous plants in Quebec are just as ingenious, but in a completely different way. These two plants, which can be found in the park, will convince you.

Round-Leaved Sundew (*Drosera rotundifolia* L.)

You need to be a seasoned observer to spot the sundew. From above, this small (5 cm tall) plant with roundish leaves is easy to miss! Fortunately, a sticky substance on the end of the long red “hairs” on each leaf shines like dew in the sun, making it easier to find. Insects that land on the plant become hopelessly stuck in the gummy liquid, which holds them immobile as the leaf slowly closes. The sundew is considered an active trap because the plant has to move to digest its prey.

The Pitcher-Plant (*Sarracenia purpurea* L.)

The pitcher-plant is one of Quebec’s most unusual plants. Picture a cone-shaped leaf with an opening that collects rainwater, which is then mixed with enzymes and bacteria to drown and digest insects drawn by its nectar... Add tiny downward-facing hairs covering the inside of the cone to prevent hapless victims from escaping. Pretty creepy, right? Considered a passive trap, this food strategy allows the pitcher plant to survive in poor soil. About 30 cm high, it is much easier to spot than the sundew. When the flower stalk emerges, this plant is impossible to miss. Although its leaves are impressive, its crimson flower is absolutely spectacular!



Round-Leaved Sundew

Want to see these plants up close? The islets in the Aux Cerises pond form microhabitats in which the sundew and pitcher-plant are likely to be found. A park warden can teach you more about these unusual plants in the *L'arcane des cerises* activity, offered in the summer.

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À la Carte Activities

Groups of 15 or more can choose from several discovery activities led by a park warden. Explore the park on foot, snowshoes or in a canoe. A nature experience you don't want to miss!

Information at the Visitors Centre:
819-843-9855.

Culture-Nature Package

In the spring and fall of 2006, nearly 800 students participated in the culture-nature program as part of the youth activities organized by the Orford Arts Centre. The package includes a full day at the Parc national du Mont-Orford, combining music, visual arts and nature appreciation. Great fun and discoveries abound!

For more information, call the Orford Arts Centre at 819-843-3981, extension 237.

Available in French only.

Schools this way!

Parcs Québec offers two school programs, for 2nd and 3rd cycle elementary students. Held at the Parc national du Mont-Orford, the programs adhere to the project-based learning approach and meet the requirements of the Ministère de l'Éducation's Programme de formation de l'école québécoise. They require in-class preparation, for which the teacher receives a complete teaching kit. The students then spend the day at the park, beginning by meeting a park warden. Enriched by their experience, they return to class ready to complete their project.

For more information, call 819-843-9855 or visit www.parksquebec.com

Available in French only.

Following is a text written by a student who took part in the Programme scolaire réseau : Histoires naturelles (nature stories). It was our great pleasure to welcome his class and teacher to the park in the fall of 2006.

« Dans une forêt enchantée l'automne s'en vient pas à pas. Les feuilles tombent et tout à coup les arbres sont dénudés. Alors un œuf éclot sous un tas de feuilles, le petit oiseau se mit tout de suite à explorer les environs. Alors il trouve une feuille verte, une seule feuille verte.

C'est alors que la feuille verte scintilla, elle se mit à flotter dans les airs. Alors le petit oiseau décida d'embarquer sur la feuille verte et la feuille verte s'est envolée dans le ciel. Le petit oiseau assit sur la feuille fait une belle promenade.

Après la promenade la feuille reposa le petit oiseau endormi sur les feuilles de son nid. »

Marius Fauteux, 3rd grade, École Notre-Dame-des-Érables, Sainte-Anne-de-la-Rochelle.



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Société des établissements de plein air du Québec is proud to contribute to the development of Route verte at its territories and wishes you a pleasant ride!

Numerous events are being planned in all regions for the official opening of the Route verte bikeway on **August 10, 2007**. Look for the program at www.routeverte.com.

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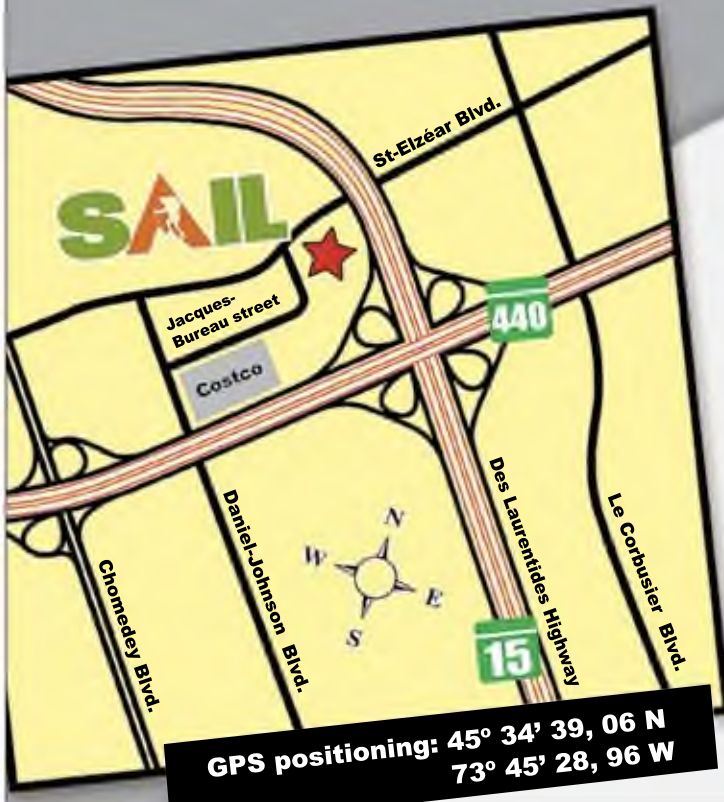
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