



### 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!

*Raymond Desjardins*  
Raymond Desjardins  
Vice-president of Operations  
Parcs Québec

*Yvan Bilodeau*  
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President and CFO  
Sépaq



# Live the Adventure of Quebec's Largest National Park!



# A Nature Country with Many Faces

Here you are, ready to experience one of the many great Parcs Québec network adventures: Parc National du Mont-Tremblant, the largest and oldest park with its 112 years of age, will not easily be forgotten!

The 1,510 km<sup>2</sup> area dotted with mountains, lakes, and rivers is both a mark and sole witness of the authenticity of the Laurentians' natural region. By foot, in a canoe, by bike, under a tent or in one of our cabins or huts, many experiences are offered allowing you to discover, at your own speed, this protected land.

Consisting of over 160 enthusiasts, the park's team welcomes you with open arms. We are all at your service, whether it is answering your questions, making you aware of the park's mission and regulations, helping you enjoy a discovery activity or doing a little housekeeping, to make your stay feel like home.

This year, more than ever, your help is crucial to carry out the park's conservation mission: just like us, you play a leading role. By participating in the recycling program, respecting the rules, resisting the temptation to feed animals, or reporting your wolf observations, you will also act as a warden for this exceptional natural heritage.

For the past few years, we have been gradually restoring the park within the framework of a well-defined plan to facilitate your visit and ensure its quality. Recently, we have made many improvements to the park's services and infrastructures: renovation of several washroom facilities, new rental centres, road improvements, campsite restoration and tree trimming, etc. Do not hesitate to share your observations and suggestions; they will be considered in our actions regarding improvement.

Take the time to listen, smell, see, and live: this way, Mother Nature is sure to have a surprise for you during one of the park's many adventures.

Enjoy your stay!



Martin Soucy  
Park Manager

In collaboration with the Manager, the members of the Parc National du Mont-Tremblant & Réserve Faunique Rouge-Matawin Management Committee are at your service.

Carole Anne Richard, Director of Visitor Services  
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Parc National du Mont-Tremblant's mission is to preserve a sample of the Laurentians' natural region for present and future generations by making it accessible to visitors wanting to enjoy experiences chock-full of discoveries.

This large park, located in the Laurentian and Lanaudière tourism regions, is divided into three main sectors. Pages 12 and 13 of this magazine give you an overview of the many opportunities provided to explore the assets of the largest national park in Quebec.

**La Diable sector**, located in the shadow of Mont Tremblant and near Station Mont-Tremblant, is accessible through Lac-Supérieur. The multiple activities offered match the beauty of the mountain tops, the many lakes, and the imposing Rivière du Diable, sometimes peaceful, sometimes fiery, that is great for canoeing and kayaking.

**La Pimbina sector**, accessible through Saint-Donat, a tourism site located in Lanaudière with a firmly-established reputation, is also the gateway giving access to the Lac-des-Sables sector. The wild nature of its mountains and lakes, the magnificent Chute aux Rats (falls), and the Carcan summit represent a diversified wilderness unquestionably inviting self-awareness.

Finally, **L'Assomption sector**, accessible through Saint-Côme, is the park's best kept secret. Nature lovers can paddle on its clear water, go fishing in its lakes full of fish, and appreciate the silence of the night during a camping stay alongside a lake or in a resort cabin.

## Not to be Missed!

Lined with magnificent lakes and benefiting from a fabulous landscape, the Lac-des-Sables, Lac-Escalier, and La Cachée sectors are three small paradise islands that will allow you to fully enjoy the hot summer days, as campsites have been built to extend your stay.



## At Your Service

Several services are provided in each sector in order to facilitate your visit of the park.



Site	Opening Dates	Reception, Information	Canoes and Rowboats	Pedal Boats	Kayaks	Bikes	Life Jackets	Electric Motors	Canoe and Passenger Transportation	Cross Country Skiing, Snowshoeing	Ready-to-Eat meals	Convenience Store	Firewood	Ice	Boutique Nature
La Diable: Lac-Monroe	May 11 to October 8	•	•	•	•	•	•		•	•	•	•	•	•	•
La Diable: Lac-Escalier	June 15 to September 3	•	•	•	•	•	•					•	•	•	•
La Diable: La Cachée	June 15 to September 3	•	•	•	•	•	•						•	•	•
La Pimbina: Reception Station	May 11 to October 8	•	•	•	•	•	•			•		*	•	•	•
La Pimbina: Lac Provost	June 15 to September 3		•	•	•	•	•								
La Pimbina: Lac des Sables	June 15 to September 3	•	•	•	•	•	•					•	•	•	•
L'Assomption: Reception Station	May 11 to October 8	•	•		•	•	•	•				•	•	•	•
L'Assomption: Grand-Pin Campground	June 15 to September 3		•		•		•						•		

The Lac-Monroe Service and Rental Centre (La Diable sector) as well as the Saint-Donat (La Pimbina sector) and Saint-Côme (L'Assomption sector) reception stations (information kiosks) are the best places to find most of these services. \* Sells various camping articles.

# The Wolf, The Park's Animal Emblem



# You, Us, Conservation!

The wolf is associated around the world with vast wild areas where wildlife diversity ensures a sufficient amount of preys. Choosing the wolf as the Parc National du Mont-Tremblant's animal emblem associates the territory's characteristics with the needs of this great predator. The presence of wolf packs is a sign of the savage nature of the territory, its immensity, and the abundance of preys. The population's health of this predator standing at the top of the food chain is thus an indicator of the ecosystems' health.

At the park, the 1996 mapping of signs of the wolves' presence (tracks, droppings, dens, howls, and observations) suggested the presence of four or five packs spread over the entire territory. Observations of packs of seven or eight wolves are reported from time to time; one winter, twelve wolves were observed. Here, a pack's territory would be approximately 200 km<sup>2</sup>. Some 35 wolves apparently hang around the park's 1,510 km<sup>2</sup> area. They mainly feed on moose, white-tailed deer and beavers.



## Amazingly Familiar Wolves

In the last few years, there have been many wolf observations at the park. Proud visitors and employees often report such observations. Although this wild animal is generally keeping its distances, some people were recently lucky enough to see one from up close.

The park's conservation mandate and the craze for nature observation make Parc National du Mont-Tremblant a secure location where wolves can travel every which way. In this context, it may happen that a wolf wants to explore a campsite. However, for the peacefulness and safety of visitors, no close encounters between humans and wolves shall be encouraged or tolerated.

## To Learn More...

Want to learn more about the Parc National du Mont-Tremblant's wolves? Take part in the summer discovery activity entitled "Wolf Story", a conversation around a campfire led by park wardens. Information on pages 15 and 16 of this magazine.

Together, let's contribute to the protection of this animal emblem.

## Regulations?

### A Conservation Tool.

One of the daily challenges faced by the Parc National du Mont-Tremblant and Québec national parks team is to manage the presence of hundreds of thousands of people visiting the park while ensuring its conservation. The park regulations are therefore an essential tool that allows us to reach this right balance. By abiding by the rules, you significantly contribute to the park's preservation.

Preserving the natural environment is everyone's business. It is therefore prohibited to:

- bring pets, except to designated sites in selected wildlife reserves. However, in the case of a guide dog or an assistance dog, which is either working or being trained, it must be easily identifiable, wearing a Mira scarf or harness, and kept on a leash at all times. Those in charge of the animal must respect the Mira code of ethics, particularly by carrying a Mira user's certificate.
- kill, capture, hurt, molest, harass, feed or tame animals. Please note that harvesting animals and catching fish is authorized in hunting packages at the reserves or fishing packages at the reserves and national parks.

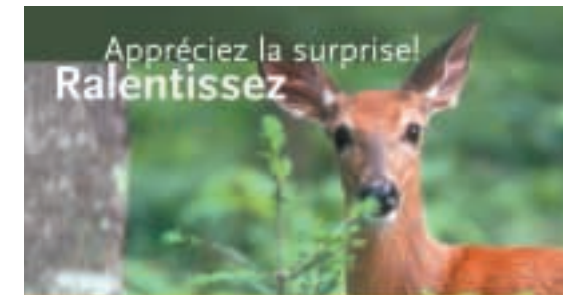
- throw trash anywhere except in the containers provided or burn trash in campfires.
- cut down, damage, remove or bring in trees, shrubs or herbaceous plants or any parts of them.
- collect dead wood.
- leave dishes or food lying around. Out of respect for wildlife, food should be stored in vehicles.
- alter, remove or paint rock faces or natural landmarks.
- use or throw away detergents, such as soap or any other harmful substances, in lakes, rivers and streams.



The park regulations, as well as the list of authorized activities and services, are available at the Information Kiosks. This list is indicating the activities offered, as well as places where and dates when they may be practiced.

## Safety First... Slow Down!

Motorists must respect all speed limits to minimize the risk of accidents with cyclists and pedestrians, while collaborating in the protection of animals sometimes venturing on the park's roads. Each year, collisions kill



deer, hares, squirrels, and even bears. Be careful!

The awareness campaign as regards road speed has been carried out in collaboration with the park's friends group (Amis du parc du Mont-Tremblant).



## Preventif Measures

Meeting a wolf in nature is a privileged moment. The experience should only last a few moments before the animal gets on its way. However, if you notice the animal lingering or getting closer, try to send it away by making your presence known.

If it seems that a wolf is acting without fear or is adopting one of the following behaviours:

- bending its head, spreading its legs, and arching its back;

- laying its ears back;
- looking away, then looking at you again;
- growling or showing its teeth.

### Here's how you must react:

- do not let it come closer than 100 metres from you;
- stretch your arms out and wave them in the air to make yourself seem bigger and taller;
- make noise, like clapping your hands, to scare it off.

More importantly, do not leave food in places animals can reach and do not feed animals.

In addition, we are asking you to report your encounter to a park warden, who will determine whether it is an isolated incident or there is a need for intervention.



## 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.

## Do not Feed Animals. It's a Question of Survival!

In the perspective of strengthening our conservation mission, there will be a special focus on this park rule this year—your collaboration is thus essential.

Why do we enjoy feeding animals? To get a closer and longer look. Our wish to extend these moments by getting closer to the animals or feeding them is their biggest threat.

Saint-Exupéry told us in "Le Petit Prince": You are responsible for what you tame. Far from helping them, it is probably the biggest threat to wolves living in parks.

Here's why...

- They all find elements better adapted to their need within their habitat. Although they may seem to appreciate this "exotic" food, it often makes them sick.
- Squirrels, chipmunks, raccoons, foxes, bears, and wolves that are getting accustomed to begging for food on campsites become insolent, damage camping gear, and are a threat to the visitors' peacefulness and safety.



- An animal that becomes too much of a nuisance may have to be deported. Will it find a new territory? Will it become a nuisance elsewhere?
  - Sometimes, in the fall, "tamed" squirrels looking for food to stock up for winter bite people denying them food.
  - In the winter, chickadees and grey jays bother skiers and hikers trying to enjoy an outdoor lunch.
  - Each year, white-tailed deer wandering around campsites are killed by cars.
- Park wardens will take action with visitors not respecting the park's regulations, in a prevention and awareness perspective. They may also expel visitors that do not respect the rules and act in such a way as to harm the park's conservation mission.**

## The Protection of the Common Loon

With Your Help, Anything's Possible!

With over 400 lakes, Parc National du Mont-Tremblant is an important territory for the common loon, which finds the habitats necessary to its survival and breeding in large lakes.

Since it is difficult for most predators to access islands, they prove to be privileged areas for the loon's nesting.

In order to ensure the survival of the common loon, access to the islands is forbidden. It is essential to respect these habitats, for they are indispensable to animals and plants.



### Camping

The park has over 1,000 campsites. Whether it be to experience unique escapes or for the simple pleasure of a crackling wood fire, this type of accommodation is offering a privileged contact with nature that will delight young and old.

### Resort Cabins

What can be more enjoyable than the luxury of resting comfortably alongside a peaceful lake? The park's eleven resort cabins are perfectly suited for a romantic weekend, family reunion, or trip among friends.

The nine cabins located in the L'Assomption Valley can accommodate two to ten people and are equipped with showers and hot water. On the Lac Monroe shore, in La Diable sector, two cabins that can accommodate four and six people are available to visitors. Open year-round, they are equipped with hot water and electricity.

### Huts

In all seasons, huts are accessible by foot or on skis through the park's backpacking trails. Think of a magnificent starry sky as you spend the night in one of our eleven huts and you'll be spellbound!

### RESERVATIONS RECOMMENDED!

- 1 800 665-6527 every day from 8:30 a.m. to 9 p.m.
- In person at any of the reception stations (information kiosks) during business hours.
- Online reservations: [www.sepaq.com](http://www.sepaq.com)

*See our reservation terms for further details.*

## A Nap in the Wild

### Our Priority: Your Safety!

You are invited to read the Prudent de nature (Naturally Safe) leaflet to learn about the safety approach to be adopted while visiting a park.

In case of emergency, from June 23 to September 3, 2007, you can get in touch with a park warden by using the emergency radios available at the Lac-Monroe Service Centre, the Saint-Donat, Saint-Côme, Lac-Escalier, and Lac-des-Sables information kiosks, as well as the Grand-Pin Campground.

*Psst!*

Ask for our camping, canoe-camping or backpacking guides for more details.



### Something New!

"Ready-to-Camp" in a Tent-Trailer

Good news for visitors wishing to discover the joys of camping: the park will be offering a series of ready-to-camp campsites. The package will include the campsite, a tent-trailer for four, a propane burner, a lantern, and dishware. All you need to bring are your sleeping bags and toothbrushes!

Starting at  
**\$85** a night,  
per campsite.

### In Our National Parks, We Take an Ecological Approach to the Daily Management of Our Natural Heritage

- Ecological integrity monitoring program to evaluate the health of our parks
- An increasing number of buildings supplied with solar energy
- Public transportation in the Hautes-Gorges-de-la-Rivière-Malbaie, Jacques-Cartier, Oka and Gaspésie national parks. Electric vehicles in the Oka and Îles-de-Boucherville national parks
- Reduction and rationalization of our vehicle fleet
- Decrease in drinking water consumption in campgrounds due to the installation of water meters in showers
- Waste-matter recycling program in all our parks. Composting in Oka national park
- Discontinuation of plastic bags given to users
- Biodegradable soaps, etc. in all our parks
- 100% recycled paper for all promotional material
- Reduction of grass-covered areas without pesticides or fertilizer
- Natural lighting or neon



# On the Road to Sustainable Development



# A Country of Lakes and Rivers: Hurray for Canoeing and Kayaking!

## 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](http://ParcsQuebec.com)

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



## Something New! Timer Showers

Water is precious and we must do everything in our power to preserve this resource. In order to reduce water consumption in the park, we have installed showers equipped with timers in all of the park's sanitary facilities. At \$0.50 for four minutes, you are contributing to the preservation of this resource.

## A Place to Appreciate Peace and Quiet

Beauty of the landscape, peacefulness, and discovery—these are some of the benefits we want to offer you at Parc National du Mont-Tremblant. Excessive noise is prohibited at all times, including during the 11 p.m. to 8 a.m. curfew. In short, the park must remain a haven of peace.



You must use personal headphones when listening to music. This way, you neighbours can fully enjoy Mother Nature's peaceful concert.

## Did You Know?

For the past three years, the park has recycled empty propane cylinders. We ask you to please put them in the recycling bins provided for that purpose at the following locations: Lac-Monroe Visitors Centre, Lac-Escalier and Lac-des-Sables information kiosks, Lac-Provost Beach parking lot, and Grand-Pin Campground. Thanks!

Canoeing and kayaking reign supreme in the country of lakes and rivers. Indeed, it's impossible to resist the temptation of gliding over the water of one of the park's many lakes. Peace and nature lovers will have the opportunity to contemplate breathtaking views and observe many different animals. Who knows, maybe you'll meet a great blue heron, a beaver, a loon or even a moose!

How would you like to take on the role of a traveler of old gliding over the water in your canoe towards your destination, where you can spend the night under the stars? Canoe-camping is a privileged opportunity to discover the hinterland of this wonderful park through various paths. Whether you choose the Rivière de L'Assomption or Rivière du Diable path, or a trip on the L'Assomption, Rossi, or de la Savane lakes, you will experience wilderness in a way you won't soon forget!



## Something New! A More Modern Rental Centre in La Diable Sector

Henceforth located in the Lac-Monroe Service Centre, the park's largest rental centre has been completely reorganized. There, you can always find equipment for rental and the departure site for one-day canoe trip and canoe-camping transportation. From June 23 to August 19, 2007, another service point will be open at the La Crémaillère Beach for renting equipment by the hour. The entire team is expecting you!

## AVENTURE ÉCOTOURISME QUÉBEC at parc national du Mont-Tremblant

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
- Au Canot Volant**
- Canoeing
  - White water kayaking
  - Hiking
  - Canoe-Camping
  - 450 883-0902

- Expéditions Tuckamor Trips**
- Cross country skiing and Hut Accomodation
  - Canoe
  - Hiking
  - 819 326-3602

For more information on the Association and his members:  
[www.aventure-ecotourisme.qc.ca](http://www.aventure-ecotourisme.qc.ca)



Parc national du Mont-Tremblant, Jean-François Beigren, Sépaq

**Psst!**

A reminder that you can rent canoes, kayaks, and life jackets in all park sectors.



# Our Feature Packages for a Unique Experience



# Your Nature Country!

Lac Chat - Vache Noire Canoe Ride (w/o guide)	Canoe-Camping Discovery Package	Canoe Your Way to the Lac-des-Sables Hut Package
-----------------------------------------------	---------------------------------	--------------------------------------------------

Take advantage of a half-day to go down the Rivière du Diable, between the Lac Chat and Mont de la Vache Noire. This unique ride will lead you to the meanders of the river, the spectacular rock wall of the Vache Noire, a silver maple forest, and sandy beaches where you will be able to bask under the sun during a well-deserved break. The package includes a canoe, life jackets, and transport to and from the park. Furthermore, this ride is available in a solo or tandem kayak.

Whether you are a canoe-camping enthusiast or experiencing it for the first time, you will be delighted by this package. Located on the sandy banks of the Rossi, de la Savane, and L'Assomption lakes, campsites invite you to relax around a fire and listen to nature's sweet lullaby, sometimes interrupted by the plaintive cry of the loon.

You do not have a canoe? No problem at all! The package includes a canoe, life jackets, the campsite, and a supply of wood. From June 15 to September 3, 2007.

Combining two popular park experiences—talk about a treat! Enjoy canoeing on the gorgeous Lac Des Sables, on your way to a stay in a rustic hut.

As a bonus to this package, a small sandy beach awaits you for a refreshing swim or just to enjoy Mother Nature's soothing melodies.

The package includes a canoe, life jackets, and the night at the hut. From June 15 to September 3, 2007.

Starting at  
**\$38** per canoe  
(off-season rate)

Everyday from May 11 to October 8, 2007.  
Rate for school groups available.



2 days/1 night \$40  
3 days/2 nights \$62.50  
4 days/3 nights \$80

Rate per person, double occupancy.



Starting at  
**\$38** a night, per person,  
double occupancy

Maximum of two nights.  
Rate available for groups of six or more.



## No Glass Containers!

Glass containers are not recommended. They can break under impact and damage backpacks or cause injuries. A piece of glass may even cause a

fire when acting as a magnifying glass under sunrays. Instead, use leakproof plastic containers.

For other security tips and to obtain the park's canoe-camping regulations,

purchase the Canoe-Camping Map that is on sale at all Information Kiosks for \$2.



Activities and services offered around or near the following lakes

**Monroe & Chat:** La Diable Sector



**Provost & Lajoie:** La Pimbina Sector



**L'Assomption:** L'Assomption Sector



**Escalier:** La Diable Sector



**Caché:** La Diable Sector



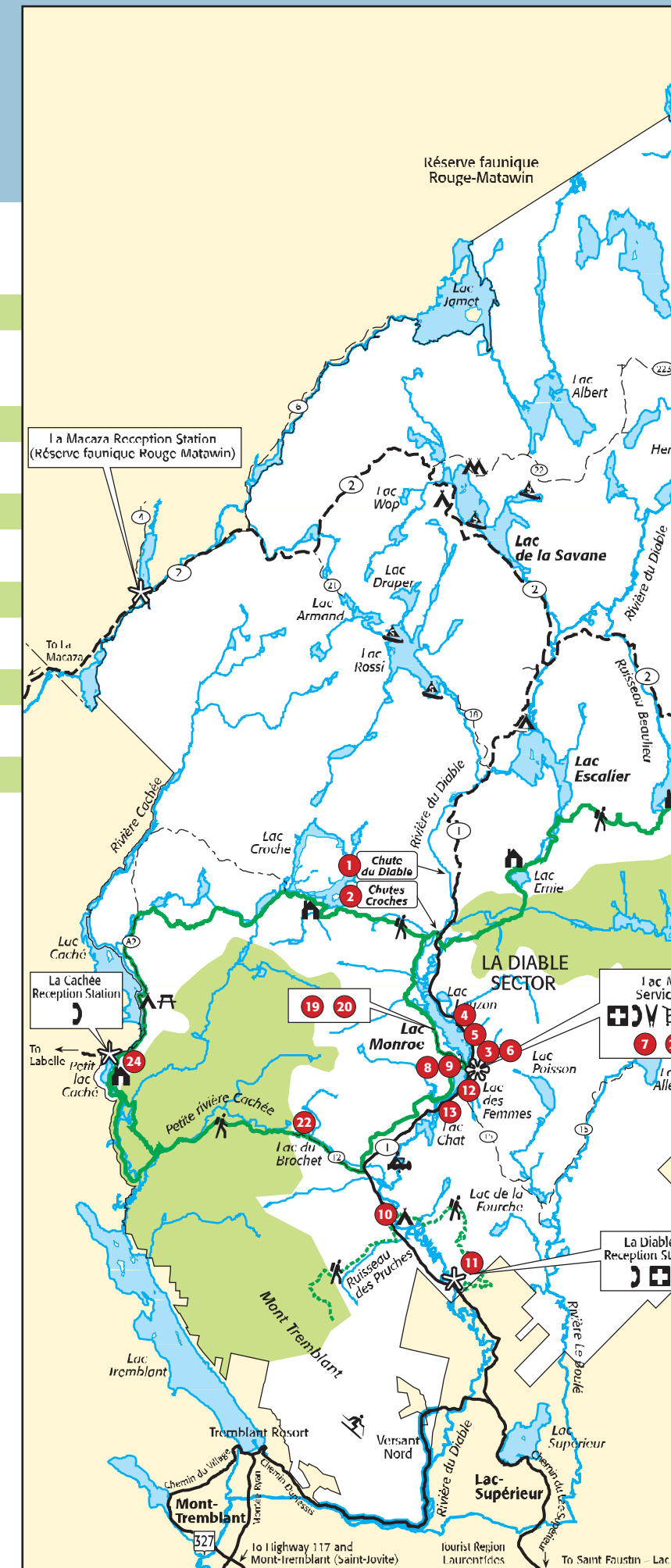
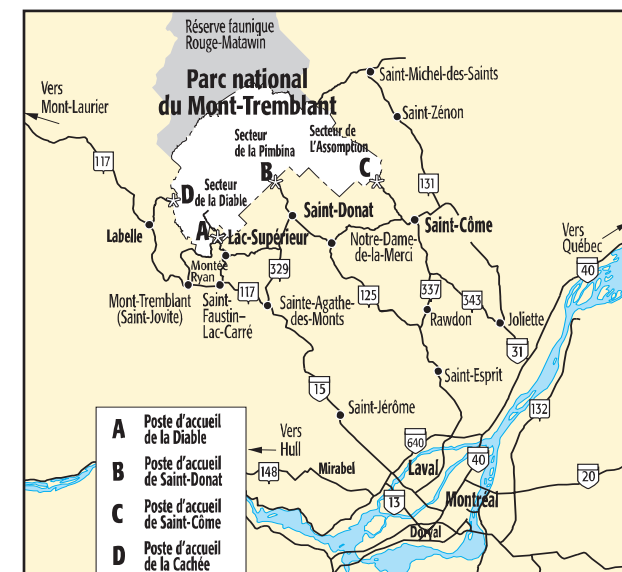
**Des Sables:** La Pimbina Sector

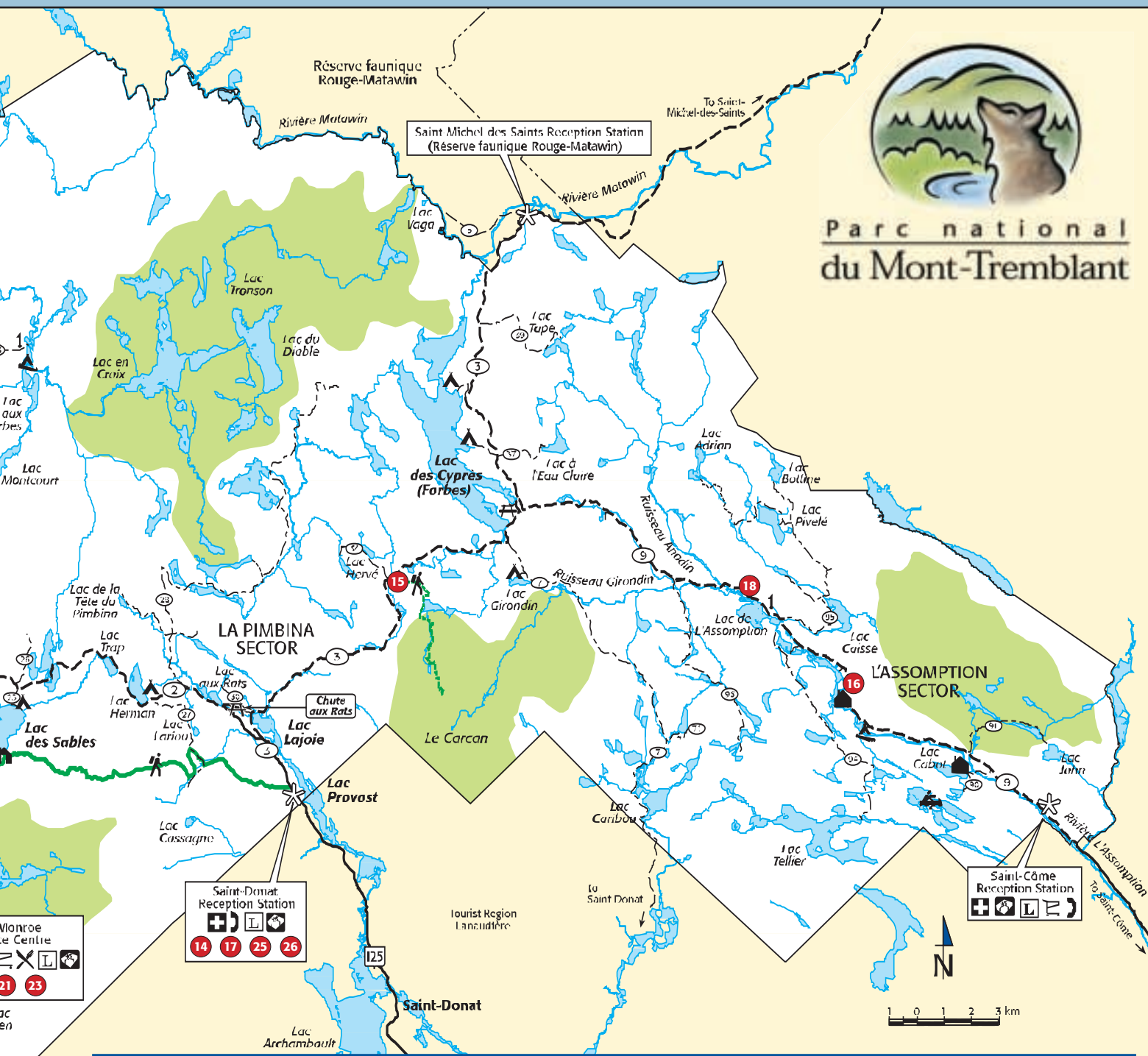


## You Want to Know More?

Maps and guides specific to camping activities, short hikes, bicycle rides, long hikes, nordic skiing, and winter activities are available at the reception stations. They can also be downloaded from the park's Website at [www.parcquebec.com](http://www.parcquebec.com).

## How to Reach the Park





**Legend**

Main Road (paved)*	Reception Station/Information Kiosk	Destination Canoe Camping	Lookout
Main Road (dirt)*	Reception	Canoe camping	Parking
Secondary Road (dirt)*	Service/Visitors Centre	Canoeing	First Aid
Road for pick-ups only*	Primitive Campground	Canoe Rouge Starting Point	Telephone
Portaging Trail	Semi-Serviced Campground	Picnic Area	Emergency Radio
Limits of Réserve faunique Rouge-Matawin	3-Service Campground	Swimming (supervised beach)	Laundry
Backpacking Trail	Group Camping	Swimming (non-supervised beach)	Convenience Store
Hiking Trail	Hut	Bicycle Trail	Ready-to-Eat Counter
Preservation Zone	Cabin	Fishing	Equipment Rental
Outside the Park's Boundary	Nature Interpretation	Cross Country Skiing	Boutique Nature Gift Shop
Major Attraction		Snowshoeing	
Refer to page 14 for information about the trail.		Downhill Skiing	

\* The conditions and accessibility of the park's roads may vary during the season. Please refer to the reception staff or rangers.

# Your Hiking Guide

Reference on the map	Trail	Length and duration	Round trip	Loop	Level	Gradient in meters	Departure point
1	<b>La Chute-du-Diable</b> - What an unforgettable sight—churning white water hurtling down narrow gorges.	1.6 km 30 min	X		E		8 km north of the Lac-Monroe service center.
2	<b>Les Chutes-Croches</b> - A series of cascades and swirls gushing beneath a bridge and rushing past a belvedere.	0.8 km 20 min	X		E		5.6 km north of the Lac-Monroe service center.
3	<b>La Roche</b> - A stroll in the shimmering shade of a maple grove, a tattling brook, and at the end of the trail, the reward: a panoramic view of the Lac Monroe glacier valley and Mont Tremblant ridge.	5 km 2 h	X		A	220	Parking lot 500 m north of the Lac-Monroe service center.
4	<b>La Corniche</b> - Once you have hiked to the lookout point, you will have a superb view of the Lac Monroe glacier valley and Mont Tremblant ridge.	3.2 km 1 h 30	X		A	180	Parking lot 2.5 km north of the Lac-Monroe service center.
5	<b>La Coulée</b> - Take the grand tour (a total of 8 km, with 2.2 km along the road): La Roche and La Corniche lookouts are linked by the Coulée trail	1.7 km 45 min			D		
6	<b>Le Lac-Poisson</b> - Maples and yellow birch, awe-inspiring cliffs, a solitary lake, a crystal-clear waterfall; in short, all the charms of the Laurentian wilderness all in one hike.	5.4 km 2 h*	X		A	160	Same as La Roche trail over a distance of 1 km. * Add 1.5 km both ways to and from the falls, by way of the left shore of the lake (30 min).
7	<b>Le Bois-Franc</b> - A magnificent forest, gently rolling terrain, a lakeside hut where you can stop and rest and lots of birds to keep you company.	9.5 km 3 h 30		X	A		From the Lac-Monroe service center, head south, take Chemin du Boulé (No. 15) and turn right at the second trail.
8	<b>Le Malard</b> - If you're looking for an all-day outing, this superb mountain excursion along one or the other of these trails is sure to please you. A suggestion—stop for a bite to eat at the Ouache hut and admire the extraordinarily beautiful setting.	17.7 km 6 h		X	A	220	From the Chevreuil campground, head south, take the "B" trail towards the Ravage hut.
9	<b>L'Ours</b> - Follow the Malard trail until you reach the highest point of your hike at Lac à L'Ours. As you descend towards the Renardière hut, listen to the sound of the brook that will run alongside the trail every now and then.	16.9 km 6 h		X	A	220	From the Chevreuil campground, head south, take the "B" trail towards the Ravage hut.
10	<b>Le Toit-des-Laurentides</b> - From Ruisseau des Pruches falls to Johannsen Peak, discover the hidden face of Mont Tremblant.	14 km 6 to 7 h	X		D	595	Sablonnrière bridge, 6.5 km south of the Lac-Monroe service center.
11	<b>Le Centenaire</b> - Atop Mount Vache Noire, this trail offers a series of spectacular view of the meandering Rivière du Diable and the Boulé woods.	9.2 km 4 to 5 h		X	D	400	Sablonnrière bridge or Diable bridge at the park entrance. Return by the road or the trail.
12	<b>Le Lac-des-Femmes</b> - Why do woodpeckers drill into the bark of trees? Where does the name Lac des Femmes (Women's Lake) come from? The answers to these and many other questions are hidden along the trail. Brochure available at the trail entrance.	2.7 km Depends on stopovers		X	E		A few metres south of the Lac-Monroe service center.
13	<b>Le Lac-aux-Atocas</b> - Lakes, rivers, brooks, bogs—water in the park is plentiful. Listen to its stories along the way. Brochure available at the trail entrance.	1.5 km Depends on stopovers		X	E		Lac Chat parking lot, 2 km south of the Lac-Monroe service center.
14	<b>La Chute-aux-Rats</b> - Act 1—the colours, sounds and scents of the Laurentian wilderness. And the star of the show, Chute aux Rats, a 17.4 m waterfall that springs from the forest.	10 km 3 h	X		E	50	Saint-Donat reception station.
15	<b>Le Carcan</b> - The most recent of the park's trails, Carcan climbs the second highest peak in the park (Carcan: 883 m), visiting several irresistibly beautiful waterfalls along the way.	14.4 km 4 to 5 h	X		D	400	Route No. 3 towards Lac des Cypres, about 13 km from the Saint-Donat reception station.
16	<b>Les Grandes-Vallées</b> - Variations in green and blue—after a trek through the forest, cast your eyes over the two undulating valleys and their azure lakes. A spectacular view!	4.4 km 1 h 30	X		A	200	9.4 km from the Saint-Côme reception station.
17	<b>L'Envol</b> - Discover the mountain forest of maple and yellow birch typical of Parc National du Mont-Tremblant and contemplate the Pimbina valley from a lookout. A walk, a climb, then flight... Brochure available at the trail entrance.	3.4 km 90 min	X		A	185	Parking lot 500 m north of the reception station.
18	<b>Le Lac-de-L'Assomption</b> - A delta teeming with life, the changing visage of a brook, a shelter on stilts for observing great blue herons, common loons and other wild inhabitants of the bay—these are some of the discoveries you will make along this trail. Brochure available at the trail entrance.	3 km 1 h 30		X	E		15 km from the Saint-Côme reception station.
19	<b>Les Chutes-Croches</b> - Stop over at the Chutes Croches (falls).	9.6 km	X		E		Parking lot at the end of Route No. 16.
20	<b>La Renardière</b> - Stop over at the Renardière hut.	6.7 km	X		E		Parking lot at the end of Route No. 16.
21	<b>Le Ravage</b> - Stop overs at the Ravage hut and the Ours pond.	12 km	X		E		Lac-Monroe service center.
22	<b>Lac-Brochet</b> - Stop overs at the Chutes à l'Ours (falls) and the La Cache hut.	22.6 km	X		A		Lac Brochet parking lot.
23	<b>Le Boulé</b> - Stop over at the Campe hut.	17.6 km	X		A		Lac-Monroe service center.
24	<b>Ruisseau-aux-Mûres</b> - Stop overs at the Lac-Caché picnic area and at Rocher-de-l'Indien.	10.8 km	X		A		La Cachée reception station.
25	<b>Lac-Cassagne</b> - Stop overs at the Geai-Bleu and Lariou huts.	17.3 km	X		A		Saint-Donat reception station.
26	<b>La Descente</b> - Stop over at the Geai-Bleu hut.	8.3 km	X		A		Saint-Donat reception station.

Bike    Nature    Hiking    E Easy    A Average    D Difficult

# 2007 Discovery Activities Schedule



# Description of Activities and Fees

You will find the spring and fall activities schedule as well as the description of the activities on pages 16 and 17.

## SATURDAY, JUNE 23 TO FRIDAY, JULY 13 SCHEDULE

	Diable			Pimbina			L'Assomption		
	Time	Activity	Meeting place	Time	Activity	Meeting place	Time	Activity	Meeting place
<b>SATURDAY</b>	10:30 a.m.	Bears	1	4:30 p.m.	Bears	9	7 p.m.	Beaver R	13
	4 p.m.	Canoeing \$ R	2	8 p.m.	Wolf \$ R	11			
<b>SUNDAY</b>	10:30 a.m.	Rabaska \$ R	5	12:30 p.m.	Hunt	12	10:30 a.m.	Bears	14
	12:30 p.m.	Hunt	7						
<b>MONDAY</b>	4 p.m.	Loons	1						
<b>TUESDAY</b>	10:30 a.m.	Bears	1	10:30 a.m.	Loons	9			
<b>WEDNESDAY</b>	4 p.m.	Canoeing \$ R	2						
<b>THURSDAY</b>	10:30 a.m.	Forest R	6	10:30 a.m.	One on one!	15			
<b>FRIDAY</b>	10:30 a.m.	Loons	1						

## SATURDAY, JULY 14 TO SUNDAY, SEPTEMBER 2 SCHEDULE (break from Monday, August 27 to Friday, August 31)

	Diable			Pimbina			L'Assomption		
	Time	Activity	Meeting place	Time	Activity	Meeting place	Time	Activity	Meeting place
<b>SATURDAY</b>	10:30 a.m.	Bears	1	4:30 p.m.	Bears	9	7 p.m.	Beaver R	13
	1:30 p.m.	Beaver Family	3	8 p.m.	Wolf \$ R	11			
	8 p.m.	Wolf \$ R	4						
<b>SUNDAY</b>	10:30 a.m.	Rabaska \$ R	5	12:30 p.m.	Hunt	12	10:30 a.m.	Bears	14
	12:30 p.m.	Hunt	7						
<b>MONDAY</b>	4 p.m.	Fish	2	7 p.m.	Beaver Family	10			
	6:30 p.m.	Twilight \$ R	8						
<b>TUESDAY</b>	4 p.m.	Frogs	3	10:30 a.m.	Loons	10			
	8 p.m.	Wolf \$ R	4						
<b>WEDNESDAY</b>	10:30 a.m.	Rabaska \$ R	5	4:30 p.m.	Fish	9			
	4 p.m.	Bears	3	8 p.m.	Wolf \$ R	11			
<b>THURSDAY</b>	3:30 p.m.	Forest R	6	10:30 a.m.	Frogs	10			
	6:30 p.m.	Twilight \$ R	8						
<b>FRIDAY</b>	10:30 a.m.	Loons	1	10:30 a.m.	One on one!	15			

\$: Fees apply. Payable upon reservation.

R: Reservations required at the park's Information Kiosks (Reception Stations) or by phone at (819) 688-2281.

Reservations start two days before the activity is held. Please notify us if you wish to cancel.

### DISCOVERY ACTIVITIES' MEETING PLACES

- |                                   |                                      |                                                                                |
|-----------------------------------|--------------------------------------|--------------------------------------------------------------------------------|
| 1- La Crémaillère Beach           | 7- Chutes-Croches Trail              | 13- Lac-de-L'Assomption Picnic Area                                            |
| 2- Lac-Chat Picnic Area           | 8- L'Étroit Parking Lot              | 14- Grand-Pin Campground, sanitary facilities located near beach access trails |
| 3- Lac-Escalier Beach             | 9- Lac-Provost Beach                 | 15- Saint-Donat Information Kiosk                                              |
| 4- Lac-Monroe Service Centre      | 10- Lac-des-Sables Beach             |                                                                                |
| 5- Lac-Escalier Information Kiosk | 11- Lac-des-Sables Information Kiosk |                                                                                |
| 6- Start of La Roche Trail        | 12- Chute-aux-Rats Picnic Area       |                                                                                |

## SPRING ACTIVITIES

### INFORMATION CAPSULES ON SPRING FLOWERS OR BIRDS:

Saturday, May 19, Sunday, May 20 and Monday, May 21 from 11 a.m. to 1 p.m. at the Lac-Monroe Service Centre and the Saint-Donat Information Kiosk.

Saturday, May 26 to Sunday, June 17 from 11 a.m. to 1 p.m.: Saturdays at the

Lac-Monroe Service Centre and Sundays at the Saint-Donat Information Kiosk.

### SPRING BIRD CENSUS:

Annual meeting for bird lovers, Saturday, May 26 and Sunday, May 27 throughout the park.



## SUMMER ACTIVITIES



### WOLF Story

While sitting around a campfire, follow in your mind the nocturnal adventures of a pack of wolves—those fascinating predators you can find at Parc National du Mont-Tremblant. Here is a story under the stars that will hold you spellbound.

*Rates (taxes not included): Adults: \$8.78; children 6 to 17: \$4.39; 6 and under: free. Payable upon reservation. Duration: 2 hours. Bring a flashlight. This activity may be cancelled depending on the weather. In La Diable sector, participants will have to ride 15 min by car on a dirt road.*

### Over water at TWILIGHT

There is nothing better than a guided canoe tour in a marsh at twilight to understand the importance of water in the park. Canoes, life jackets and oars

provided. Participants must know how to canoe. Young people under 15 must be accompanied by an adult.

*Rates (taxes not included): Adults: \$15.80; children 6 to 17: \$7.90; 6 and under: free. Payable upon reservation. Duration: 2 1/2 hours.*

### Travel Back in Time in a RABASKA!

The landscape, wildlife, and forests have always attracted humans to the park's territory. While sailing on the magnificent Lac Escalier, relive the most important eras of human occupation, from Native people to today's visitors. Life jackets and oars provided. Windbreaker recommended. Young people under 15 must be accompanied by an adult.

*Rates (taxes not included): Adults: \$11.85; children 6 to 17: \$5.92; 6 and under: free. Payable upon reservation. The package includes a snack. Duration: 2 1/2 hours*

### Mountain CANOEING

Hosted by a park warden, this canoe trivia quiz will make you see the landscape under a new light. Canoes, life jackets and oars provided. Participants must know how to canoe. Young people under 15 must be accompanied by an adult.

*Rates (taxes not included): Adults: \$4.39; children 6 to 17: \$2.19; 6 and under: free. Payable upon reservation. Duration: 1 1/4 hours*

### It's Swarming in the FOREST

A 2-km guided hike to discover the most northerly maple forest in Quebec and its inhabitants. Will you be able to spot tracks and other clues of animal activities?

*Duration: 1 1/4 hours*

### Of FISH and Men

During this outdoor activity, you will become familiar with the park's typical fish species and have the opportunity to watch small specimens caught on site.

*Duration: 1 hour. Bring your own chairs.*

### FROGS and Cie

The water's edge is swarming with life! Take part in an activity where you will discover why there is so much action among water lilies. This is an activity for families with children 6 to 10.

*Duration: 45 min. Bring your own chairs.*



## For LOONS to Sing

What says Laurentians better than the spellbinding singing of the common loon? This trivia quiz will make you discover how Parc National du Mont-Tremblant and its visitors can contribute to the protection of this fragile population.

*Duration: 45 min. Bring your own chairs.*

## Afraid of BEARS!?

Everyone is concerned about black bears. While some people are attracted to this animal, others are insanely scared of it. What about you—are you afraid of black bears? Come participate in a game where you will learn more about this mammal roaming around the park's territory. Afraid or not, be there!

*Duration: 1 hour. Bring your own chairs.*

## An Eventful Night with the BEAVER FAMILY

Campers sleep at night. What do beavers do? Sleep as well? Young and old?

Come find out by stepping into the life of the Beaver family in a theatrical event for families played by kids.

*Duration: 1 hour. Bring your own chairs.*

## Chute-Croches Nature HUNT

What does the surrounding area hide? A forest to explore, animals to track, and what else? Here is a nature hunt so you can see! smell! touch!

*Duration: 1 hour. Register at any time between 12:30 p.m. and 2 p.m..*

## ONE ON ONE!

Park regular? New visitor? Everything about Parc National du Mont-Tremblant is of interest to you—landscape, flora, wildlife, history? Take a small break, throw the dice and let's find out how much you really know. Who will win? You or the park warden/naturalist?

*Duration: A few minute or a while, it's all up to you. Park warden on location from 10:30 a.m. to 11:30 a.m..*

## BEAVER by Profession

Besides humans, what animal changes its environment just as much? Take a closer look at the beaver's area during an easy hike guided by a park warden.

*Duration: 1 1/4 hours.*

## RESERVED SEATS

In order to participate in certain summer discovery activities, you must reserve your spot at one of the park's information kiosks or by calling (819) 688-2281. Consult our schedules.

## NEW! A DAY WITH LOONS



You love nature? You are comfortable on water and dream of participating in a wildlife inventory? Parc National du Mont-Tremblant gives you the opportunity to enjoy a unique experience: a sea kayaking day on a big lake, along with a park warden/naturalist, to contribute to knowledge acquisition as regards common loon reproduction.

*Minimum age: 16 Rates (taxes not included): Adults: \$61.43 ; young people 16 and 17 years old: \$30.72. Payable upon reservation. Sea kayaks, life jackets and paddles provided, initial training in sea kayaking and lunch / snack included. Information at the park's information kiosks or by phone at (819) 688-2281. Dates: Saturdays, August 18 and 25, September 8 and 15, from 10 a.m. to 4 p.m. Meeting place: Lac-Monroe Service Centre at 10 a.m. Participants will have to take a dirt road with their own vehicle to reach the inventory's location.*

Lac-Monroe Service Centre and Saint-Donat Information Kiosk: 11 a.m. to 1 p.m..

*Start of trails and observation decks: variable schedule depending on the weather. Information on the day of the activity at the information kiosks.*

produce a file that will introduce their family and friends to the park. These programs are also offered as an animation by park wardens/naturalists, who take charge of a group and provide the animation and supervision for the day, at a rate of \$120 per group (taxes not included).

For more information, visit our Website at [www.parcsquebec.com](http://www.parcsquebec.com) or call us at (819) 688-2336. Priced activities on bears and wolves, hosted by a park warden/naturalist, are also offered for elementary and high school students.



## Jump into the Water!

Warm summer days are a great excuse to appreciate the joys of swimming in pure water right at the heart of some spectacular landscape. Lac Monroe's La Crémaillère Beach, as well as the Lac Provost Beach, alongside the lake of the same name, have lifeguards on duty from June 23 to September 3. Check the information kiosks for details regarding the schedule, which may vary depending on the time of year.



## A Little Picnic!

Equipped with binoculars and a cooler filled with delights, you are ready to enjoy a peaceful lake and the soft summer breeze. A family of common mergansers silently flying along grassy banks and the sight of a moose also in the middle of a snack will undoubtedly enliven your picnic!

## Keep in Touch with Nature All Year Round!

Did you know that in addition to managing Parc National du Mont-Tremblant, Sépaq manages 21 other national parks, 16 wildlife reserves, Sépaq Anticosti, and 8 tourist resorts? Discover these sites on the Sépaq Website at [www.sepaq.com](http://www.sepaq.com) and come visit the most enchanting places in Québec.

Take the opportunity to subscribe to the Sépaq.com Keeps You Informed newsletter and keep up to date year-round on promotions and what's new concerning the activities and services of the various Sépaq networks.

[www.sepaq.com](http://www.sepaq.com)

# The Joys of Summer

## On the Park's Trails

Whether for a short walk or long hike, the large trail system invites you to discover breathtaking viewpoints over the Laurentian and Lanaudière regions. Backpacking enthusiasts are not forgotten with a 120-km trail system lined with ten community shelters that can accommodate two to eighteen people. No wonder hiking is the most popular activity in the park!

## On Two Wheels

Bikes also have a very important place in the park. In La Diable sector, families will enjoy discovering, among others, the trail connecting Lac Monroe to the Chutes Croches, a true jewel along the river. As for La Pimbina sector, it is sure to become a favourite among bike fanatics with its Lac Cassagne and La Descente trails!

## Fishing Story

Day fishing is a great opportunity for discovery and relaxation. The main species for sports fishing are the brook trout (speckled trout) and northern pike, followed by sea trout and lake trout (grey trout).

Popular among anglers, L'Assomption Valley has about twenty lakes with plenty of fish. Anglers can also throw their lines in La Pimbina sector. Some water areas located in both sectors are only accessible by van or by foot. Finally, La Diable sector has about twenty bodies of water, including nearly a dozen with plenty of fish and accessible by car.

**Psst!**

Check out our Hiking Guide on page 14 of this magazine.

## Fishing Package with Accommodation

From May 11 to June 11, 2007, enjoy the Fishing Package with Accommodation in one of the park's cabins. This includes right of access for fishing, a craft for two people, and accommodation in one of our cabins. Enough to satisfy brook trout, brown trout, lake charr, and northern pike lovers!

Starting at

**\$56**

a night, per person



This package is also available at Réserve Faunique Rouge-Matawin (Des Sapins cabin located in the La Macaza sector).

## FALL ACTIVITIES

### FALL INFORMATION CAPSULES

Saturdays and Sundays from September 8 to October 7, as well as on Monday, October 8, meet park wardens/naturalists to uncover the mysteries of nature in autumn.

### SCHOOL PROGRAMS

Parc National du Mont-Tremblant is offering two free school programs for students from Grades 3 to 6. Hosted by teachers having received a complete training package and a helping hand from park wardens in preparing and carrying out their projects, these programs are in line with the directions of the Quebec Education Program and part of the project method.

"Natural Stories" (Grades 3 & 4) is inviting students to discover the park and use their inspiration to produce a natural story. "A Treasure of a Park" (Grades 5 & 6) is inviting students to

# Winter Magic



# Station Mont-Tremblant



To appreciate the peacefulness and pureness of this magical season, you can put on your snowshoes and enjoy the countless trails, particularly the Ruisselets Trail, which will lead you to the Hutte Hut, where the view and chickadees' song will enliven your break. The magnificent cross-country ski trails, suitable for both amateurs and pros, are also inviting you to fall under winter's charm. You can also go for a hike on a beautiful trail leading to the east bank of Lac Monroe.

### Sleeping Tight and Comfortably Warm!

Comfortably settled in a cosy cabin or rustic hut, you can extend your trip, plan your next day's activities, and daydream while contemplating the snow-covered fir trees.

### Winter Discovery Package

Including cabin accommodation, bedding, access to the park and snowshoe trails, and snowshoes for your entire stay, this package is most certainly combining the great outdoors with comfort.

Come winter, it's impossible to remain unmoved by Parc National du Mont-Tremblant's scintillating sight. All wrapped up in their coat and the cold colouring their cheeks, amazed nature lovers will discover this immense park with, for the occasion, frost-covered lakes and snow-covered forests.

Starting at  
**\$55** per person, per night, quadruple occupancy.

### Park Winter Nights Package

This package is offering a short cross-country ski hike on machine-maintained trails and a night in one of seven rustic huts (you may also reach the Hutte and Geai-Bleu Huts on snowshoes). A perfect stay to adopt winter!

Starting at  
**\$37** Rate per night, per person On skis  
**\$22** Rate per night, per person On snowshoes

	La Diable Sector	La Pimbina Sector
Accessibility	Via Lac-Supérieur and Tremblant	Via Saint-Donat
Nordic skiing	The network of backcountry ski trails extends over 112 km of ungroomed and unpatrolled trails, served by 4 huts for 14 to 18 persons	
Cross-country skiing	Ten machine-maintained tracks for a total of 53 km (ski skating enthusiasts are also invited)	Seven machine-maintained tracks for a total of 33 km
Snowshoeing	Five tracks for a total of 23 km leading to unique viewpoints. The new Sentier des Ruisselets leads up to the Refuge de la Hutte	Three tracks for a total of almost 13 km
Snow walking	One 6-km track	Not offered
At your service	Wood-heated huts, community hall with fireplace, cross-country ski and snowshoe rental, waxing room, waxing service, and food service	
Lodging	Our huts for long and short ski hikes, just like our resort cabins, are available to spend unique nights in the heart of a suddenly warm winter	



### Perfect Vacations in Every Way

Tremblant. From the moment you arrive, you feel that there is something very different about this resort. On a summer day in the heart of the pedestrian village, surprises await around every bend: terraces, boutiques, festivities, golf courses, beaches... And in any season, a legendary nightlife scene helps make Tremblant a vacation destination where you get the most out of everything!

Each summer, the mountain turns into a vast playground. From heart-pumping excitement of alpine luge or rock climbing to the more relaxed pleasures of a biking tour or a game of mini-golf with the family, your only concern will be to have a great time!

Discover the mountain and the largest national park in Quebec via hiking trails

for all fitness levels. Or ride the gondola up to the summit, where you can observe birds of prey, enjoy spectacular 360° views from the 12-metre-high tower, and more. Not to mention the nearby Lac Tremblant, where every possible water sport can be enjoyed.

Golfers get to indulge, too: Tremblant was voted Best Golf Destination by ScoreGolf Magazine in 2005. Le Diable, now a member of the prestigious RAVEN family of courses, and Le Géant, a course with greens sculpted right into the mountain sides, both have features that will make for an unforgettable day of golfing.

A non-stop line-up of summer events will keep visitors entertained, from the international blues festival (July 6 to 15), Rythmes Tremblant, starting June 16, the Tremblant film festival (June 21

to 25) to the Féerie musicale de Tremblant (September 1 to 3). See our calendar of events for details.

At Tremblant, you'll run out of energy before you run out of ideas! When night falls, our 4 and 5-star hotel accommodations will give you the sumptuous night's rest you deserve.

[www.tremblant.ca](http://www.tremblant.ca)

**Tremblant Resort**  
 1 88 Tremblant  
 1000 chemin des Voyageurs,  
 Mont-Tremblant  
 Exit 119 from Hwy 117 North  
 (montée Ryan)

Vacances parfaites  
 Perfect vacations in every way

**Détails dans le Guide d'activités**  
*Details in the Activity Guide*

Disponible/Available  
**BILLETTERIE - TICKET OFFICE**  
 Station Mont Tremblant

**LE CARNET D'ACTIVITÉS**  
 vous offre une multitude d'activités à un seul prix.  
**THE ACTIVITY CARD**  
 offers a wide range of activities at one low price.

LES CARNETS 3 À 5 ACTIVITÉS individuels et familiaux sont disponibles.  
 Family and individual 3 TO 5 ACTIVITY CARDS are available.

À PARTIR DE/ STARTING FROM  
**30,11\$\***

\* Redevance et taxes en sus. Prix valide pour le Carnet 3 activités pour un adulte du 22 juin au 13 septembre 2007. / Royalty and taxes extra. Price valid for an adult 3 activity card from June 22 to September 13 2007.

[tremblant.ca](http://tremblant.ca) | 1 866 356-2215

# On the Billboard



## 2007 RATE SYSTEM

Entry Fee	Daily	Park Card	Network Card
1 adult, 18 and over	\$3.50	\$16.50	\$30
1 child, 6 to 17	\$1.50	\$7.50	\$15
1 child, 5 and under	Free	Free	Free
Family: 1 adult with children 6 to 17	\$5	\$25	\$45
Family: 2 adults with children 6 to 17	\$7	\$35	\$70
Organized adult group (per person)	\$3	n/a	n/a
Organized group of children 0 to 17 and adults 18 and over accompanying the children	Free	n/a	n/a

Taxes included. The Park or Network cards are valid for a twelve-month period from date of purchase.

RATE/day or night (taxes not included)	
SWIMMING, CANOEING, HIKING, BIKING, PICNICKING Included with entry fee (canoe or bike not provided)	
CANOE-CAMPING <sup>1</sup>	\$22.11/night/tent, including a bag of wood
BACKPACKING	\$21.00/night/adult \$15.75/night/child 6 to 17
FISHING - Daily Entry Fee - Craft Rental	\$14.34/day/person \$33.62/day
CAMPING <sup>1,2</sup> - Three-Service Site - Semi-Serviced - Rustic - Additional Person - Group - Additional Vehicle Parking	\$32.47/night/site \$21.94/night/site \$17.11/night/site \$4.83 \$4.83/night/child under 18 \$5.70/night/adult \$7.46/vehicle/night or \$14.92/vehicle/entire stay
CABINS - Resort	Starting at \$26/person, depending on cabin capacity

<sup>1</sup> The entry fee for each person is in addition of the daily camping and canoe-camping rate.  
<sup>2</sup> The basic rate for a campsite allows for a maximum of six people, including two adults and children under 18. Additional adults must pay an additional fee.

RATE (taxes non included)			
Equipment rental <sup>3</sup>	Day	3-4 Hours	Hourly
Canoe	\$35.32	\$24.79	\$12.51
Solo Kayak	\$31.81	\$22.38	\$11.19
Rowboat	\$33.13	\$23.26	\$11.63
2-Seater Pedal Boat	\$35.32	\$24.79	\$12.51
Tandem Kayak	\$38.61	\$26.99	\$13.60
4-Seater Pedal Boat	\$42.78	\$29.84	\$14.92
Rabaska Canoe	\$153.80	\$107.72	\$53.97
Adult Bike	\$29.40	\$20.62	\$10.31
Child Bike	\$16.68	\$11.41	\$7.02

<sup>3</sup> Life jackets or helmet included.  
 None of the packages indicated in this magazine include taxes or reservation fees unless otherwise indicated.  
 Prices subject to change.

## 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](http://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](http://www.aventure-ecotourisme.qc.ca), choose English, then click on the *Leave No Trace* tab.

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