

# Park Journal



## PARC NATIONAL de la Jacques-Cartier

2007-2008 Edition





# THE GRAND TOUR OF QUÉBEC'S NATIONAL PARKS

Translation: Mark Mackenzie



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!

## As an Introduction

### 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.

### Word from the Director

On behalf of our entire team, I would like to welcome you to Parc national de la Jacques-Cartier.

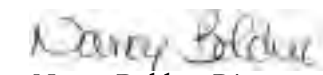
Striking a balance between access to the territory and its conservation is our top priority. For this reason, an ecological integrity monitoring programme was initiated three years ago to provide regular bills of health for the park. In addition, we are seeking your invaluable help so that together, we may accomplish our mission. Every little move counts in the ecological balance.

Each and every one of our actions is guided by sustainable development. For instance, this year to reduce greenhouse gas emissions related to the climate change problem, wood-burning stoves and fireplaces in our cabins will be replaced with EPA (Environmental Protection Agency) certified equipment. By using these devices, wood consumption can be reduced by 30% and polluting emissions, by 90%. Result: much cleaner combustion.

Regarding our discovery activities, do not miss our latest attraction on the L'Éperon trail! We will be inaugurating an all-new self-interpretation circuit featuring seven panels, including two panels with an audio option.

Lastly, in a continuing effort to provide greater access to the Jacques-Cartier River to newcomers and families, the park now offers new equipment. A fleet of inflatable canoes, mini-rafts and air tubes are available at the rental centre.

The entire team at Parc national de la Jacques-Cartier wishes you an enjoyable visit!

  
Nancy Bolduc, Director


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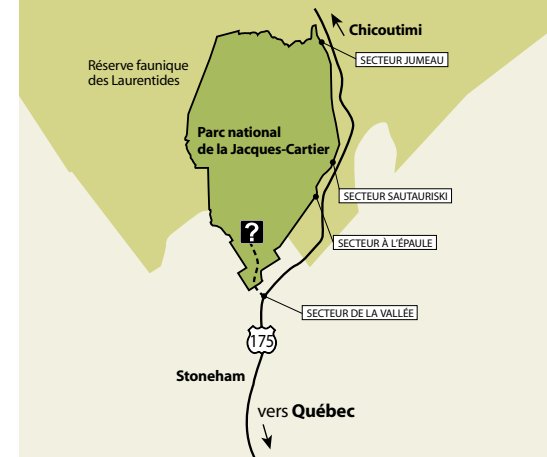
Rates offered in this journal do not include applicable taxes and are subject to change without notice.

Discover our regional parks



  
Raymond Desjardins  
Vice-president of Operations  
Parcs Québec

  
Yvan Bilodeau  
President and CEO  
Sépaq



Nestled in the Laurentides mountains, Parc national de la Jacques-Cartier is less than 40 km from Québec City. Access is off Highway 175.

**Information and Reservation:**  
1 800 665-6527 or [www.parcquebec.com](http://www.parcquebec.com)

Parc national de la Jacques-Cartier  
700 Lebourgneuf Boulevard, Suite 12  
Québec City, Quebec G2J 1E2

Summer : Phone : (418) 848-3169  
Fax : (418) 848-1372

Winter : Phone : (418) 528-8787  
Fax : (418) 528-8781

[parc.jacques-cartier@sepaq.com](mailto:parc.jacques-cartier@sepaq.com)





## Zoom in on the Park Contest

For a third year in a row, Parc national de la Jacques-Cartier is holding its Zoom in on the Park picture contest.

To enter the contest, send your snapshot to [caissy.pascale@sepaq.com](mailto:caissy.pascale@sepaq.com). Your picture must be received no later than midnight February 1<sup>st</sup>, 2008. Please include your name, address and telephone number(s) in your email, along with the area and date the shot was taken. To be chosen, your picture must meet these criteria: 300 DPI resolution, minimum size 8½ in. wide by 7½ in. long, and TIFF or JPG format.

And the winner is....

To choose the winning picture, a panel of judges will first select five finalists. From February 5 to 29, 2008, Internet surfers will be given a chance to vote for their favourite shot at [www.sepaq.com](http://www.sepaq.com). The picture receiving the greatest number of votes will be featured in the 2008 park journal. The winning photographer will be treated to a two-night getaway at the park for two. A random draw will take place for all those who vote through our Website for a chance to win a two-night stay at a serviced campground. Get your cameras ready!

Congratulations to Mr. Denis Samson from Québec city, winner of our 2007 contest for the shot taken August 11 in the Les Cascades trail.



## Watch for this logo

for new features of the 2007-2008 season!



# Moose... Under Observation



Summer season from May 11 to Oct. 21 – Winter season from Dec. 14 to March 15

ACTIVITIES AND SERVICES	AVAILABLE	
Interpretation and Visitors Centre	May 11 to October 21	Daily
	May 19 to June 3	Weekends
Boat Rentals	June 4 to September 3	Daily
	September 3 to 9	Weekends
	May 19 to June 21	Weekends
Le contre-courant Sandwich Shop	June 22 to September 3	Daily
	Sept. 3 to October 8	Weekends
Fishing	May 25 to Sept. 9	Daily
Camping	May 11 to October 13	Daily
	Dec. 14 to March 15	Daily
Cabins and Rustic Shelters	May 11 to October 20	Daily
	Dec. 14 to March 15	Daily

## Current Entry Fees (including taxes)

INDIVIDUAL, FAMILY OR GROUP	DAILY ADMISSION TO ONE PARK	ANNUAL PASS	
		ONE PARK	ALL THE PARKS
<b>Individual</b>			
Adult (18 or older)	\$3.50	\$16.50	\$30.00
Child (aged 6 to 17)	\$1.50	\$7.50	\$15.00
Child (under 5)	Free	Free	Free
<b>Family</b>			
1 adult with children (aged 6 to 17)	\$5.00	\$25.00	\$45.00
2 adults with children (aged 6 to 17)	\$7.00	\$35.00	\$70.00
<b>Group</b>			
Adults	\$3.00	N/A	N/A
Youths or Students	Free	N/A	N/A

Moose, the proud symbol of Parc national de la Jacques-Cartier, are members of the deer family that includes white-tailed deer and caribou, also found at the park.

Moose are usually more active at dawn and dusk and move about at night. These mammals feed on the leaves and branches of trees and shrubs and are prey to wolves and bears. Moose are frequently seen eating water plants dur-



ing warm, sunny summer afternoons alongside the Jacques-Cartier river. They come to the river to cool down and get away from stinging insects. Many visitors to the park are excited at the prospect of seeing moose. To observe moose freely without jeopardizing their survival, a safe distance of 50 metres must be maintained at all times.

Fall is a very busy period for the moose. During the breeding season, males seek out females that attract them with bawling moans. Open spaces alongside lakes provide a perfect setting for the moose to meet. In the following spring, the females give birth to one or two calves in a sheltered location. Offspring follow their mother for an entire year.

In the 17<sup>th</sup> century, Jesuit Fathers on a mission in the area recorded in their historical narratives that the moose did not represent the largest animal population in the primarily coniferous

local forest. Moose were found further south, in the St. Lawrence valley, the Appalachian area and as far away as New England.

With industrialization in early 20<sup>th</sup> century and the efforts of colonization north of Québec City, the Laurentides mountainous landscape changed. Logging companies decimated extensive coniferous forests and introduced forest renewal with broad-leaved trees and fir.

New mixed forests provided an excellent habitat for moose populations to increase in the area. Presently, the moose density in the park is 3.7 per 10 Km<sup>2</sup> with an estimated population of 250 individuals. To learn more about the moose, the park offers discovery activities. See our schedule of activities on page 6.

## 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.



This document was printed on 100% recycled paper made in Québec, containing 100% post-consumption fibres and produced without using elementary chlorine. The inks used for this production contain vegetable oils.

Translation: Anglocom





# Description of Discovery Activities

Activities offered in French only

## Follow the Swift Current! — 5+

Uncover the well-kept secrets of the Jacques-Cartier, a river with a thousand faces. Explore a dynamic environment where salmon, trout, moose and great blue herons live side by side. Keep your eyes open! They may be watching you!



## Shelters or Caves? — 5+

Explore an unusual passageway over a hundred metres long, littered with huge boulders, lined with cool walkways and covered with moss! Where did these rocks come from? When did they fall down? Did the glacier have something to do with it? This startling setting will arouse your senses.

## A Pleasant Adventure Along the Jacques-Cartier — 12+

Learn how to manoeuvre a canoe and discover the unique northern parts of the valley. This activity is perfect for canoe novices who wish to experience the fascinating Jacques-Cartier river safely. Who knows, perhaps you will encounter a moose!

## Not Out of the Woods Yet... — 5+

From crown to roots, discover the broad-leaved trees of the valley. Did they take root here by chance? A short walk with a few games is a simple way of gaining a better understanding of ecology and the story behind broad-leaved trees.

LEGEND

5+	Minimum age: 5	12+	Minimum age: 12
10+	Minimum age: 10	8-12	Aged 8 to 12

## The Betula Rally – A mysterious adventure for the entire family!

Young explorers!

Betula, queen of the deciduous forest invites you to travel back in time to discover the riches of her home.

## Park Warden-in-training — 8-12

Join our team and help a park warden preserve Nature! Help protect fauna and flora, and receive your park warden-in-training certificate!



## River Detectives — 8-12

There is life everywhere... above water, underwater and in the mud! Snoop around with us and discover fascinating creatures!

## WILDLIFE WATCH

## Music to the Ears! — 5+

What are the small creatures that get together for a chorus come springtime? Where do they hide? Why do they sing? How can they be recognized? Experience a musical delight by listening to the sounds of Nature at night and discover the fascinating world of animals in love!

## Master Beaver Is a Master Builder

Discover the multiple talents of Master Beaver and its building feats! Who knows, it might make an appearance! Bring along your binoculars!

N.B.: From August 8 to 19, held at 6p.m.

## A Meeting with the Moon — 12+

A moment of silence and relaxation, but also of discovery...Is there as much life at night as there is during the day? Whether or not you are afraid of the dark, come shed some light on this mystery!

## Rabaska by Twilight — 10+

At dusk, glide along a mirrored lake in a Rabaska canoe to the most melodious sounds of the night. Discover nightlife at the park. Loons, moose and beavers get together to the delight of canoeists. Bring along your binoculars!

## EVENING THEATRICAL TALKS

### Return to Borélie!

Meet odd scientists from the future who have travelled back in time to show their version of our present-day boreal forest. Entertainment for the entire family to enjoy!

N.B.: Offered from July 10 to August 17

### Antlers and Giant Hooves

In spring, calves are born...In autumn, adult moose bawl... But what do they do the rest of the year? Learn about the moose, the largest mammals in the park!

### Yesteryear Logging Across Mountains and Torrents

Youngsters, get acquainted with the rich heritage of the park. Elders, recall your fondest memories. Imagine living in the 1940s...River drivers, loggers and other unforgettable characters get together to tell the odyssey of a great park.

### Lost in the woods? What should you do? To survive, remain close to a tree.

Just imagine: Night has fallen and you are lost in the woods. Would you know what to do? Meet the members of the Recherche-Sauvetage-Québec Métro team, who will teach you simple survival tips in the woods and how to help rescuers find you.

## Discovery Activities Calendar (Offered in French only)

From May 19 to June 17, 2007						
DAY	SCHEDULE	ACTIVITY	TYPE	LENGTH OF TIME	COST	MEETING POINT
Saturday, Sunday and Monday May 21	1 p.m.	Follow the Swift Current!*	Rabaska Canoe	1¼h	\$3.51/adult \$1.76/child	Pont-Banc Picnic Shelter, Km 18
	2:45 p.m.	Shelters or Caves?*	Hiking	1¼h	Free	Interpretation Site
Sunday May 20	7 p.m.	Master Beaver is a Master Builder*	Talk and Hiking	1¼h	Free	Interpretation and Visitors Centre
Saturday May 19 and 26	7:30 p.m.	Music to the Ears!*	Talk and Hiking	1¼h	Free	Interpretation and Visitors Centre
From June 23 to August 19, 2007						
DAY	SCHEDULE	ACTIVITY	TYPE	LENGTH OF TIME	COST	MEETING POINT
Daily	May 19 to October 21	The Betula Rally	Self-interpretation Hiking	1½ h	Free	Interpretation and Visitors Centre
Daily	1 p.m. and/or 2:45 p.m.	Follow the Swift Current!*	Rabaska Canoe	1¼ h	\$3.51/adult \$1.76/child	Pont-Banc Picnic Shelter, Km 18
	1 p.m. and/or 2:45 p.m.	Shelters or Caves?*	Hiking	1¼ h	Free	Interpretation Site
Monday	8:30 p.m.	Lost in the woods? To survive, remain close to a tree.	Talk	1 h	Free	Interpretation and Visitors Centre
Tuesday	7 p.m.	Rabaska by Twilight*	Rabaska Canoe	3 h	\$21.50/adult \$16.24/child	Interpretation and Visitors Centre
	8:30 p.m.	Return to Borélie!	Theatrical Talk	1 h	Free	Interpretation and Visitors Centre
Wednesday	10 a.m.	River Detectives*	Workshop for children aged 8 to 12	1¼ h	Free	Belleau Picnic Area, Km 10
	12 a.m.	A Pleasant Adventure Along the Jacques-Cartier*	Canoe	4½ h	\$39.93/adult \$30.06/child	Interpretation and Visitors Centre
	2 p.m.	Not Out of the Woods Yet...*	Hiking	1¼ h	Free	La Matteucie Trail, Km 16
	7 p.m.	Master Beaver is a Master Builder*	Talk and Hiking	1¼ h	Free	Interpretation and Visitors Centre
Thursday	7 p.m.	Rabaska by Twilight*	Rabaska Canoe	3 h	\$21.50/adult \$16.24/child	Interpretation and Visitors Centre
	8 p.m.	A Meeting with the Moon*	Rabaska Canoe	2 h	\$10.09/adult \$7.46/child	Pont-Banc Picnic Shelter, Km 18
Friday	8:30 p.m.	Yesteryear Logging Across Mountains and Torrents	Theatrical Talk	1 h	Free	Interpretation and Visitors Centre
	7 p.m.	Rabaska by Twilight*	Rabaska Canoe	3 h	\$21.50/adult \$16.24/child	Interpretation and Visitors Centre
Saturday	7 p.m.	Master Beaver Is a Master Builder*	Talk and Hiking	1¼ h	Free	Interpretation and Visitors Centre
	10 a.m.	Park Warden-in-training*	Workshop for children aged 8 to 12	1¼ h	Free	Belleau Picnic Area, Km 10
Sunday	12 a.m.	A Pleasant Adventure Along the Jacques-Cartier*	Canoe	4½ h	\$39.93/adult \$30.06/child	Interpretation and Visitors Centre
	8 p.m.	A Meeting with the Moon*	Rabaska Canoe	2 h	\$10.09/adult \$7.46/child	Pont-Banc Picnic Shelter, Km 18
	8:30 p.m.	Antlers and Giant Hooves	Talk	1 h	Free	Interpretation and Visitors Centre
Sunday	7 p.m.	Master Beaver is a Master Builder*	Talk and Hiking	1¼ h	Free	Interpretation and Visitors Centre

\* Registration is mandatory at the Interpretation and Visitors Centre.

See next page for the schedule of fall activities.





### Meeting at Mont des Loups

What secrets lie in these mountains and deep valleys? Discover the most breathtaking view of the park and how it came to be.

### How to Survive Winter

Hibernating, shedding leaves, flying south to warmer areas, becoming numb with the cold and hiding in a hole in the mud are all ingenious strategies devised by living organisms to adapt to cold winters in Quebec.

### When Fish Court!

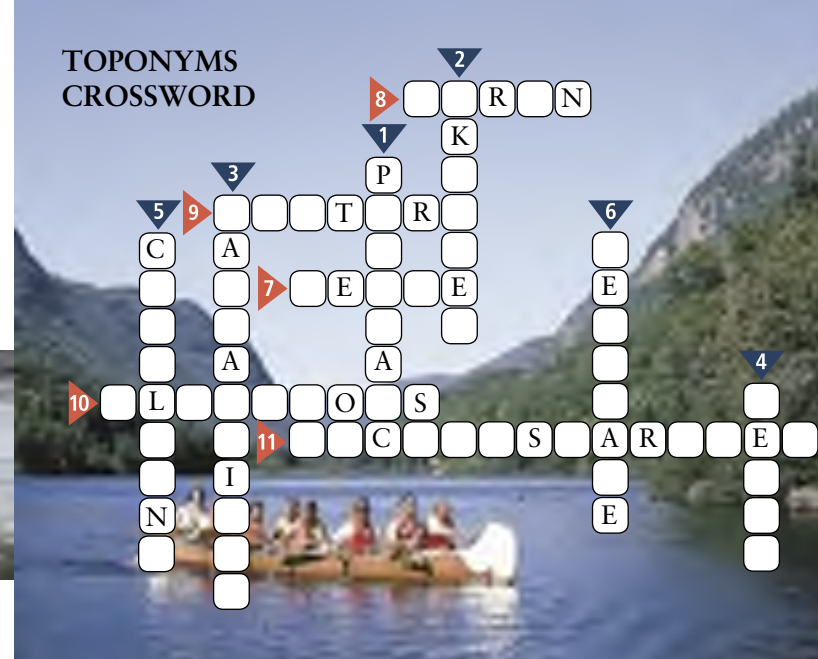
In early October, waterways are teeming with life! Brook trout back in their love nests go courting. Learn everything there is to know about their habitat. Perhaps you may get a chance to see them in action!

### Wildlife Watching Moose Watching Safari

In the company of a naturalist park warden, enjoy a thrilling experience at dawn or dusk! Set off to discover the moose, the king of our forests. Catch a few privileged moments of its courtship. Many more surprises await you during your trek in the woods, so be on the lookout!



### TOPONYMS CROSSWORD



### DOWN

1. A bridge where, in the past, campers at the Héron campground used to sit and eat at picnic tables away from black flies – This name was given to a picnic site located at Km 18.
2. This word means “major burn” in Montagnais and implies that a forest fire occurred there in the past. Today this area is used as a canoe launch point.
3. A salmon river whose name in Montagnais means “the river with trees that cry” – It is also the name of a hiking and cycling trail.
4. Sediments carried along a watercourse and accumulated in a triangular shape at its mouth – It is also the name of a new group campsite located at the forks of the Sautauriski and Jacques-Cartier rivers. (inverted word)
5. The area where two rivers join – It is also the name of a trail located where the Sautauriski and Jacques-Cartier rivers meet.
6. It is given this name because of the dominant species, the yellow birch, found in the forest stand where the campsite is located. Its name comes from the Latin word *Betula*.

From August 20 to September 3, 2007						
DAY	SCHEDULE	ACTIVITY	TYPE	LENGTH OF TIME	COST	MEETING POINT
Daily	1 p.m.	Follow the Swift Current!*	Rabaska Canoe	1¼ h	\$3.51/adult \$1.76/child	Pont-Banc Picnic Shelter, Km 18
	2:45 p.m.	Shelters or Caves?*	Hiking	1¼ h	Free	Interpretation Site
Saturday	5 p.m.	Master Beaver is a Master Builder*	Talk	1¼h	Free	Interpretation and Visitors Centre
Sunday Sept. 2	8:30 p.m.	Yesteryear Logging across Mountains and Torrents	Talk	1 h	Free	Interpretation and Visitors Centre
Saturdays and Sundays from September 8 to October 14, 2007						
DAY	SCHEDULE	ACTIVITY	TYPE	LENGTH OF TIME	COST	MEETING POINT
Sept. 8 to 16	1 p.m. and/or 2:45 p.m.	Follow the Swift Current!*	Rabaska Canoe	1¼ h	\$3.51/adult \$1.76/child	Pont-Banc Picnic Shelter, Km 18
Sept. 8 to Oct. 7 and Monday Oct. 8	1 p.m. and/or 2:45 p.m.	Shelters or Caves?*	Hiking	1¼ h	Free	Interpretation Site
	From 10 a.m. to 3 p.m.	Meeting at Mont des Loups	Posted Activity	15 min	Free	Les Loups Trail Lookout
Sept. 22-23-29-30	From 1 p.m. to 4 p.m.	How to Survive Winter	Posted Activity	15 min	Free	Le Draveur Sud Trail
Sept. 15 to Oct. 14 and Monday Oct. 8	6 a.m.	Moose Watching Safari on Foot*	Hiking and Watch by a Lake	4¼ h	\$21.50/adult \$10.75/child	Mercier Registration Centre, Km 93 from Highway 175
	3:15 p.m.	Moose Watching Safari in a Rabaska Canoe*	Hiking and Watch in a Rabaska Canoe	4¼ h	\$21.50/adult \$16.24/child	Mercier Registration Centre, Km 93 from Highway 175
Oct. 6, 7 and Monday Oct. 8	From 12 to 4 p.m.	When Fish Court!	Posted Activity	15 min	Free	L'Aperçu Trail

\* Registration is mandatory at the Interpretation and Visitors Centre.

### WILDERNESS WORDS

Choose from among the following answers: Atlantic salmon, white-tailed deer, osprey, beaver, red fox, raccoon, wolf, moose and brook trout.

1. I am the symbol of the park. I may be seen between Kilometres 19 and 25 during the day, but more often at dawn or dusk.  
-----
2. I may be spotted alongside the river at Kilometres 3, 8 and 30 early in the morning or at dusk, busily building my home.  
-----
3. My coat is rust coloured and I am quite cunning; I may be seen evenings near Kilometres 2 and 25. \_ \_ \_ \_ \_
4. I am an expert at opening camping coolers. It is partly because of me that you must store your food in your vehicle at night.  
-----
5. We are cousins and we live in the cold, oxygenated waters of the valley. Who are we? \_ \_ \_ \_ \_ and \_ \_ \_ \_ \_
6. I am not just a legend. I am a member of the dog family and a social animal; I was seen at the park in the summer of 2006.  
-----
7. I am the fisher who watches you from above in the skies during your Rabaska canoe activities. \_ \_ \_ \_ \_
8. I am a very greedy cervid, but feeding me is a poisoned gift. I may be seen along the Les loups and L'Éperon trails, and at the Camp 3 campground.  
-----

Answers: 1. moose, 2. beaver, 3. red fox, 4. raccoon, 5. brook trout and Atlantic salmon, 6. wolf, 7. osprey, 8. white-tailed deer

### ACROSS

7. When logs were no longer driven on the river in the '60s, trees cut on area plateaus were transported in trucks and cast into the Jacques-Cartier River at Kilometre 27. It is now the name of a canoe launch point.
8. A primitive campsite with the name of a tall wading bird sometimes seen in the bays of the Jacques-Cartier River
9. A trail whose name, pronounced *escatara* in Montagnais, means *forked road* and refers to the intersection of the winter and summer roads used by Amerindians to travel to Lac Saint-Jean.
10. Deposits comprised mainly of sand and gravel transported by the river waters – It is also the name of a campsite.
11. A river whose name in Montagnais, *Lackdaweole*, means “the river that comes from afar”.

Answers: 1. Pont Banc, 2. Ekwarck, 3. Sautauriski, 4. Delta, 5. Confluence, 6. Bétulaie, 7. Jeteq, 8. Héron, 9. Scorera, 10. Alluvions, 11. Jacques-Cartier

## 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.

Translation: Anglobom



### Do you have your Discovery Pass?

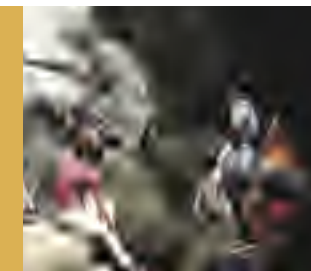
Join naturalist park wardens for four discovery activities. Participate in all of them and earn the *Nature Stickers* collection illustrating the good deeds you must do to protect the park. Remember to have your Discovery Pass stamped.

The activities are for children aged 12 and under.

### ARE YOU PART OF A GROUP? RESERVE EARLY!

In spring, summer and fall, the park offers a variety of discovery activities especially created and tailored to suit groups of all kinds: school, summer camp, social club, youth centre, scout, etc.

For information and reservation: (418) 848-3599 ext. 234





I'm doing my share  
for conservation!

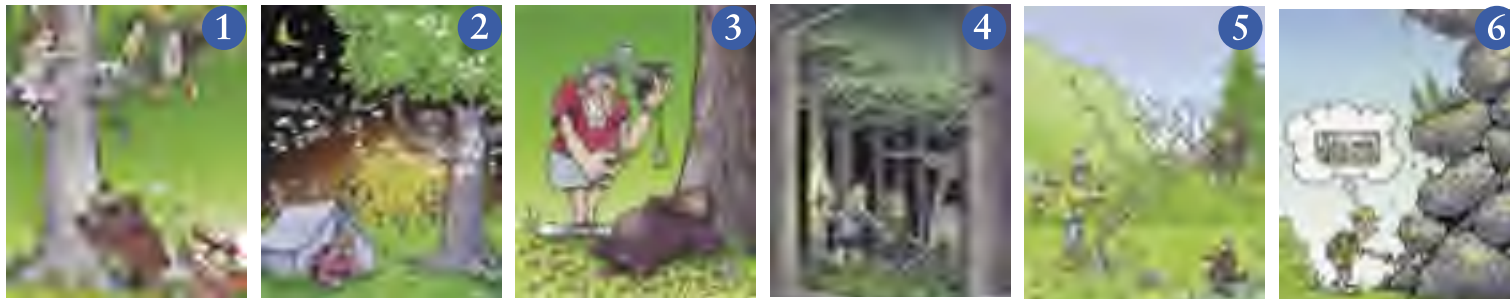
Trails Aplenty!



**CAUTION: REGENERATION ZONE!**

Taking a shortcut to the toilet, a water supply point or another campsite, or simply playing can degrade the condition of campsites greatly.

Avoid trampling areas outside campsites... and protect your privacy! Trampling packs the ground, smothers roots and prevents vegetation from growing.



**AVENTURE ÉCOTOURISME QUÉBEC**

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.

Consult the Association's website for planning your guided activities in Sépaq's national parks, wildlife reserves and tourist centres



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



Translation: Anglocom

- 1 LEAVE YOUR PET(S) AT HOME... Pets may affect the behaviour of wildlife, carry disease or disturb other visitors to the park.
- 2 RESPECT THE TRANQUILITY OF THE PARK... And use your headphones when listening to the radio.
- 3 LET ANIMALS FEED THEMSELVES... Feeding animals changes their behaviour; they may become dependent on humans and aggressive.
- 4 KEEP TO THE TRAILS... And do your part to preserve habitats and species, because trampling can harm the integrity of natural habitats.
- 5 LEAVE DEAD WOOD ALONE... It enriches the undergrowth. Help the forest regenerate and maintain ground moisture to preserve shelters for micro flora, insects and mushrooms.
- 6 LEAVE THE BEAUTIES OF NATURE WHERE THEY ARE... The hundreds of visitors who follow this instruction will have a major impact on the integrity and aesthetic value of natural habitats.

**HIKING ONLY**

Trail	Distance	Length of Time	Level	Trail Description	Departure Point on the Valley Road
Le Confluent	1.6 km (loop)	35 min.	🍷	Discover the rich diversity of terrestrial, wetland and aquatic habitats.	Km 12.5
La Tourbière	2.2 km (loop)	45 min.	🍷	This short hike is filled with sights worth seeing! Visit a peat bog, a fir stand and a yellow birch forest.	Km 3
L'Aperçu*	2.5 km (loop)	1 h	🍷	Hike along the Belleau brook. In our brochure, available at the Interpretation and Visitors Centre, read about its course, flora, fauna and history.	Km 10
La Matteucie	4 km (round trip)	1½ h	🍷	Link the Le Perdreau and Les Loups trails by making your way through lush undergrowth and fern.	Km 16 or Km 18
Les Cascades	4.3 km (loop)	1½ h	🍷	Cool sounds and an exhilarating visual experience await you on this trail running next to a cascading brook.	Km 10
La Croisée	13 km (round trip)	4 h	🍷	Hike through deep gorges to reach the magnificent great crests of the Jacques-Cartier river.	Km 33
Le Perdreau	5 km (loop)	1¾ h	🍷🍷	Set off to discover the mysterious Buvard lake and hike through splendid maple groves with lush, green undergrowth.	Km 18
L'Éperon*	5.5 km (loop)	2½ h	🍷🍷	Hike along the meandering À l'Épaule river. Take in the breathtaking views of the valley.	Km 3
Les Coulées	9.7 km (loop)	3½ h	🍷🍷	Travel through the valley from the Belleau brook and discover the splendours of the rolling Laurentides mountains.	Km 10
Le Draveur Nord	12.1 km (one-way)	4½ h	🍷🍷	Combine magnificent viewpoints of the valley and striking rock faces.	Km 18 or 29
Les Loups	10 km (round trip)	3½ h	🍷🍷🍷	Breathtaking! See the spectacular Jacques-Cartier and Sautauriski valleys.	Km 16
Le Scotora	15.6 km (round trip)	5½ h	🍷🍷🍷	Go back in time on this historical trail. Reach the Andante mount, over 809 metres high! A spectacular view!	Km 29
Du Hibou	13.1 km (one-way)	5 h	🍷🍷🍷	Take a day's hike on the National Trail linking the park and Stoneham.	Km 0.2

**HIKING AND MOUNTAIN BIKING**

From the Sautauriski River*	Hiking: 9 km Bike: 11,5 km (round trip)	Hiking: 2½ h Bike: 1 h	🍷	Let the Sautauriski river work its charm, at times still, other times tumultuous.	Hiking: Km 12.5 Biking: Km 10
Le Draveur Sud	15 km (round trip)	Hiking: 4 h Bike: 1½ h	🍷 🍷🍷	Hike this forest trail and make a refreshing stop on the banks of the Jacques-Cartier river.	Km 10

**MOUNTAIN BIKING ONLY**

From the À l'Épaule River	34 km (round trip)	4 h	🍷🍷🍷🍷	Reach the À l'Épaule sector by taking this trail: a worthy challenge for mountain bike enthusiasts.	Valley Sector Km 3 or À l'Épaule Sector Km 94 highway 175
Route 10	28.4 km (round trip)	3½ h	🍷🍷🍷🍷	Cross a forest in full renewal, home to the single largest moose population in the park.	À l'Épaule Sector Km 94, highway 175
Route 12	34 km (round trip)	4 h	🍷🍷🍷🍷	Discover this rolling plateau dotted with lakes and covered in a boreal forest where wildlife abounds.	Sautauriski Sector Km101, highway 175

\*Self-interpretation circuit

🍷 Beginner   🍷🍷 Intermediate   🍷🍷🍷 Advanced   🍷🍷🍷🍷 Expert







# A Fishing Story

## Fishing

For more than 150 years, fishing enthusiasts have been coming to Parc national de la Jacques-Cartier to angle fish. Come and tease brook trout too! The Valley sector features more than 30 km of river along which to cast your line from riverbanks or a canoe.

Please note that a Quebec fishing license and fishing authorization are mandatory. You may obtain them at the interpretation and visitors centre.

The catch and possession quota for brook trout is 10 fish per person. You must record your catch at the end of each day of fishing and drop this information in the boxes provided at the interpretation and visitors centre or gatehouse.

Quebec Fishing License for Residents	
3 Days	\$8.04
Season	\$14.13
Fishing Authorization	
1 Day	\$14.34

## Salmon Express

Since 2001, the Corporation du bassin versant de la Jacques-Cartier has been transporting salmon from the Cap-Santé fishway (on the banks of the St. Lawrence River) to Parc national de la Jacques-Cartier. This way, salmon gain access to the best spawning grounds and avoid several challenging dams. In 2006, it took 49 trips to bring 219 salmon to the river.

## Trout or Parr?

We would like to remind you that salmon fishing is prohibited in the park and that returning it to water is mandatory.

**EN JACQUES-CARTIER**  
In grande ville de Québec

For information about lodging, restaurants and activities offered on the Jacques-Cartier region, contact:

**TOURIST OFFICES**  
Stoneham: (418) 848.6377      Lac-Beauport: (418) 907.2825

[www.jacques-cartier.com](http://www.jacques-cartier.com)  
Information on the region: 1 877 844.2358

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637, Saint-Vallier West Street, Quebec city, 418.529.0024  
[www.latulippe.com](http://www.latulippe.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%**

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Visit our virtual boutique at [ParcsQuebec.com](http://ParcsQuebec.com)

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



HERE ARE SOME TIPS TO TELL THEM APART:

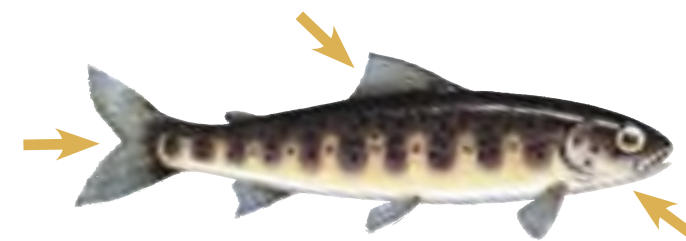
### Brook Trout:

- No black spots
- Strait tail



### Salmon:

- Black spots on the cheeks and sides
- Forked tail



If you catch a parr or salmon, carefully remove the hook and put the fish back into the water.

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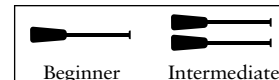


# Row, row, row your boat gently down the stream...

# Following the Current

ITINERARY	DISTANCE	LEVEL	SHUTTLE SCHEDULE	DESCRIPTION	WATERCRAFT**	PRICE	SHUTTLE
Jetée to the Information Booth	19 km		Departure*: 8:30 a.m.	A peaceful and spectacular 7.5 km circuit followed by 11.5 km featuring eleven Class I to Class III rapids	Canoe	\$40.59	\$25.01
					Inflatable Canoe	\$32.25	\$25.01
					Solo Kayak	\$34.44	\$12.51
					Tandem Kayak	\$43.88	\$25.01
Jetée to Pont Banc	11 km		Departure*: 8:30 a.m. Return: 12:30 p.m.	Smooth circuit with impressive sceneries and six Class I and Class II rapids	Canoe	\$30.06	\$25.01
					Inflatable Canoe	\$24.13	\$25.01
					Solo Kayak	\$25.01	\$12.51
					Tandem Kayak	\$32.25	\$25.01
Ekwatek to the Information Booth	15 km		Departure*: 11:00 a.m.	Smooth 4 first km followed by 11.5 km featuring eleven Class I to Class III rapids	Canoe	\$30.06	\$19.96
					Inflatable Canoe	\$24.13	\$19.96
					Solo Kayak	\$25.01	\$10.09
					Tandem Kayak	\$32.25	\$19.96
Pont Banc to the Information Booth	8 km		Departure*: 8:30 a.m. 1:30 p.m.	An 8 km circuit and five Class I to Class III rapids	Canoe	\$30.06	\$12.51
					Inflatable Canoe	\$24.13	\$12.51
					Solo Kayak	\$25.01	\$6.36
					Tandem Kayak	\$32.25	\$12.51
					Mini-raft for 3 to 5 individuals	\$50.68	\$21.50
Mini-raft for 4 to 7 individuals	\$77.45	\$21.50					
Maubèche pond to the Information Booth	4 km		Departure*: 1:30 p.m.	Smooth circuit to simply drift with the occasional gentle current	Air Tube	\$8.78	\$4.39
Information Booth to the End of the Canoe Circuit	7 km		Return: 2:30 p.m. 4:30 p.m.	Ideal circuit for a summer afternoon with three Class I and Class II rapids	Canoe	\$30.06	\$12.51
					Inflatable Canoe	\$24.13	\$12.51
					Solo Kayak	\$25.01	\$6.36
					Tandem Kayak	\$32.25	\$12.51

\* If you want to use the shuttle service, you must show up at the rental centre at least 45 minutes before departure.  
 \*\* Boat rental includes individual life jackets, paddles and wetsuits (mandatory when water is below 15 °C).  
 Minimum age for rental: age 12 (canoes, kayaks and air tubes) and age 5 (mini-rafts)



## All aboard!

Whether you are with your family or you friends, come discover Parc national de la Jacques-Cartier in a whole new way. Immerse yourself in this breathtaking natural setting on one of our three new boats: mini-raft, inflatable canoe and air tube.



## Short Trip on Still Waters

Is this your first outing on the river? Would you prefer a short trip on still waters? Go to the end of the canoe circuit at Km 3. The hourly rental booth is the only location at the park where you can take children under 12 along with you to paddle the river. Rates are from \$11.19 to \$12.51 per hour.

## A Pleasant Adventure

Canoe novices who wish to experience the fascinating Jacques-Cartier river safely should take part in the *A Pleasant Adventure along the Jacques-Cartier* discovery activity. During this outing, you will learn how to manoeuvre a canoe and discover the unique northern

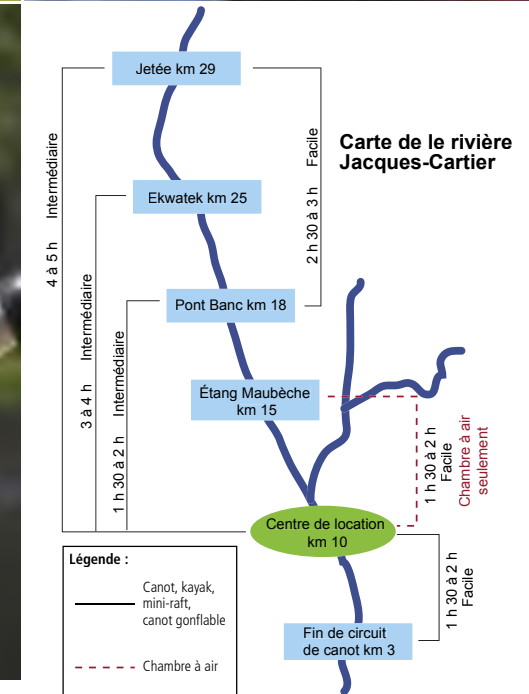
parts of the valley. Who knows, perhaps a moose will show up!

Offered Wednesdays and Saturdays at the rate of \$39.93. For more information, contact the interpretation and visitors centre.



For daily information on river conditions, dial 1 418 848-3169 and select option 2.

**The outdoor activities specialist in Quebec!**  
 Packages Including: - Rental equipment for the activity  
 - The all day access - Round trip transportation



A detailed map of the canoe circuit is available at the interpretation and visitors centre and at the rental booth.

## Canoe-Camping Package

Combine two musts at Parc national de la Jacques-Cartier: the race down the Jacques Cartier, the only river in Quebec to be nominated to the Canadian Heritage Rivers Board, and a one-night stay under the tent at a rustic site.

- This package includes:**
- 1 night in a primitive camp site (Portage 8, Héron or Bec-scie campground)
  - Rental of one canoe for 1 1/2 day with life jackets, paddles, wetsuits and a first-aid kit
  - Shuttle service from the rental centre to the canoe launch point at La Jetée
  - 1 Bundle of wood

Rates starting at **\$118** for two



# Under the Stars

## A Good Night's Sleep in Natural Surroundings

Are you looking for the comfort of a serviced camp or the charm of a rustic site? Find something to your liking from among more than 135 campsites available at the park. Enduring memories guaranteed!

TYPE OF CAMPING, RATES AND NUMBER OF SITES	CAMPGROUND										
	Alluvions	Bétulaie	Érables	Delta	Grand Duc*	Bec-scie	Héron	Portage 8	Hirondelles	Morillon	Camp 3
<b>PRIMITIVE</b>											
Individual \$16.45					6		9		9	12	6
Group \$5.70/adult • \$4.83/child			1	2							
Canoe-Camping \$21.45						4		3			
<b>SERVICED CAMPING</b>											
Semi-serviced \$21.94	4										
With electricity \$27.42	51	31									
Ready-to-Camp \$85	4										

A group must consist of at least 15 people. Access fees are not included.

\* \$21.45 including a supply of wood



## Environmentally-friendly Marshmallows!

To enjoy delicious marshmallows roasted over a campfire, why not give Nature a helping hand by using save-the-forest sticks! Collecting branches in the surrounding forest is more damaging than you may think! In fact, trampling undergrowth hinders regeneration and the growth of vegetation barriers between sites. In addition, gathering decomposing branches on the ground deprives the ground of a host of nutrients essential to plant growth. Branches strewn on the ground also serve as protection for countless insects and small mammals.



## Respect and Conservation

The campsite capacity is:

- A maximum of 6 people – The base rate is for 2 adults and the fee for each additional adult is \$4.83/night
- A maximum of 2 vehicles, space permitting – Second vehicle: \$14.92/ stay
- Please set up camp only within the area marked for this purpose.
- Campers should refrain from making noise at all times.
- Headphones must be used when listening to music or the radio.
- Lights out is from 11 p.m. to 8 a.m.

## Keep your lunch out of reach!

Feeding animals causes them to be less wary of humans. Anti-animal devices have been installed at rustic campsites. When your vehicle is close, keep your food in the rear trunk. Do not feed animals, even if they seem harmless and hungry!



## Camp sites



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TO RESERVE  
EARLY!**

1 800 665-6527  
or [www.parcisquebec.com](http://www.parcisquebec.com)





# Head in the Stars

## Resort Cabins

Natural surroundings and the comfort of a fully-equipped cabin provide the perfect combination for a romantic weekend getaway, a family reunion or a get together with friends. The Kernan and Godendart cabins are at a stone's throw from the Jacques-Cartier river and include these amenities: woodstove, hot water, shower, lighting, stove and refrigerator, and dishes and cookware. You only need to bring along your own bedding and food. In summer, the cabins can be accessed by vehicle, while in winter, they can only be accessed by snowshoeing, backcountry skiing or snow hiking.



CABIN	\$/adult/night (summer/fall) Starting at	\$/adult/night (winter) Starting at	Cabine Capacity	Nb. of Bedrooms	Distance from the information booth	
					summer	winter
Petit Kernan	\$49	\$58	2	1	7 km	3 km
Moyen Kernan	\$36	\$45	6	3	7 km	3 km
Grand Kernan	\$36	\$45	6	3	7 km	3 km
Godendart	\$36	\$45	6	0	8 km	2 km



## Rustic Shelter

Visitors with their own equipment can take advantage of lower-cost accommodation by reserving rustic shelters. These shelters were renovated in the fall of 2005 and can accommodate from four to six people. Bunk beds with mattresses, a table, chairs and a woodstove are provided. Pit toilets are located nearby. Do not forget to bring everything you need for lighting and meal preparation. These cabins can also be accessed by vehicle in summer, while in winter, they can only be accessed by snowshoeing, backcountry skiing or snow hiking.

RUSTIC SHELTER	\$/adult/night (summer/fall) Starting at	\$/adult/night (winter) Starting at	Cabine Capacity	Nb. of Bedrooms	Distance from the information booth	
					summer	winter
Cachée 1 to 4	\$28	\$30	4 - 6	0	8 km	2 km
Raquetteur	\$28	\$30	4 - 6	0	4.5 km	5.5 km
Balbuzard 1 to 3	\$28	\$30	4 - 6	0	2.5 km	12.5 km

# Getaway to Boréalie!



## FALL PACKAGE

The Lac-à-l'Épaule lodge, the centre of major historical meetings, is now available for fall packages. Follow the example of Winston Churchill, Franklin Roosevelt and Charles de Gaulle. Discover the boreal forest of Parc national de la Jacques-Cartier plateaus and immerse yourself in the sounds of life that unfold at sunrise and sunset. Imagine leaving at dawn to follow the tracks of the largest cervid in North America and learn about its four-season life cycle. At twilight, glide silently in a Rabaska canoe on the still waters of a mirroring lake to the tremolo of a plunging loon and perhaps even the howling of a wolf!

## The package includes:

- 2 nights / double occupancy at the Lac-à-l'Épaule lodge
- Two breakfasts, 2 lunches and 2 table d'hôte evening meals
- More than 20 hrs of fauna habitat exploration on foot or in a rabaska canoe: moose, deer, beavers, loons, birds of prey, brook trouts
- The services of a naturalist park warden for your entire stay
- Canoe ride on Lac-à-l'Épaule
- Transportation on park premises
- Bedding
- Free access

Starting at  
**\$449**/person / double occupancy  
 From  
 September 14 to October 14, 2007

Obtain more information on our European plan package for groups of ten or more people. Call at (418) 848-3169

## 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.

**BETTER  
TO RESERVE  
EARLY!**

1 800 665-6527  
 or [www.parksquebec.com](http://www.parksquebec.com)





# White Wonderland...



## Make way for the magic of winter!

Did you know that the Jacques-Cartier valley receives in excess of 4.7 metres of snow every year because of its microclimate? The steep sides and north-south orientation of the valley provide shelter from prevailing winds and its rocky faces capture the warmth of the sun's rays. Whether you opt for snowshoeing, backcountry skiing or simply snow hiking, the spectacular sceneries of Parc national de la Jacques-Cartier are sure to enthral.

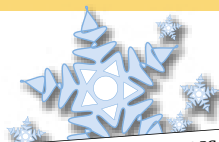
Snowshoeing				
TRAIL	DISTANCE	STARTING POINT	LEVEL	DESCRIPTION
Trail A	3.6 km (loop)	At the far end of the parking lot	❄❄	Trek along the magical La Cachée river and view its spectacular falls and icy walls.
Trail B	3.4 km (loop)	2 km from the parking lot on the valley road	❄	Skirt the Jacques-Cartier and trek across a peat bog, a fir stand and a yellow birch forest.
Trail C	5.3 km (loop)	3 km from the parking lot on the valley road	❄❄❄	Revel in the many exceptional vistas in the valley and skirt the meandering L'Épaulé river.
Trail D	5.6 km (loop)	3 km from the parking lot on the valley road	❄❄	Discover huge spruce and magnificent yellow birch over one hundred years old.
Trail E	2 km (loop)	0.5 km from the parking lot on Trail A	❄	Explore this plateau covered with broad-leaved trees. This is a perfect trail for a short family trek.

Long Backcountry Skiing Trails				
TRAIL	DISTANCE	LEVEL	DESCRIPTION (From the)	
Circuit 1	Day 1	18 km	❄❄❄	Mercier information booth to the Balbuzard shelter via the Voie du bûcheron
	Day 2	11 km	❄	Balbuzard shelter to the La Cachée shelter via the valley road
	Day 3	23.6 km	❄❄❄	La Cachée shelter to the Mercier information booth via the L'Épaulé trail
Circuit 2	Day 1	2 km	❄	Entrance of the valley sector to the La Cachée shelter via the valley road
	Day 2	11 km	❄	La Cachée shelter to the Balbuzard shelter via the valley road
	Day 3	13 km	❄	Balbuzard shelter to the entrance of the valley sector via the valley road
Circuit 3	Day 1	5,5 km	❄❄	From the entrance of the valley sector to the Raquetteur shelter via the valley road
	Day 2	6.6 km	❄	From the Raquetteur shelter to the Balbuzard shelter via the valley road
	Day 3	18 km	❄❄❄	Balbuzard shelter to the Mercier shelter information booth via the Voie du bûcheron



## At your service!

Starting December 14, 2007, a reception service will be available every weekend and weekday during Christmas Holidays and spring break. Our team will be pleased to provide snowshoe rental services on site.



For up-to-date snow conditions, visit our Website at: [www.parcquebec.com](http://www.parcquebec.com)



## Redefined Getaway

After spending the day outdoors, why not prolong your visit to the park by spending the night in one of our fully-equipped cabins or a rustic shelter? Imagine curling up near a warm fireplace, sharing a nice meal with family or friends... with an impressive view of spectacular landscapes in the valley and the snow glistening in the moonlight. For those who are not afraid of the cold, winter camping is the ultimate experience.

## Winter Discoveries

**How to Survive Winter**  
During this 2.5 km snowshoe hike, learn more about the strategies devised by animals and plants to survive harsh winters in Quebec.

## Please Do Not Wreak Havoc!

Winter is a critical season for members of the deer family. They live on reserves accumulated during the summer and must limit moving about in order to survive. This is why they gather in a specific area in the forest called a deer (or moose) yard, where they can find food and shelter. During your trek, you might come across trails used by these animals. It could be fatal for these animals if people travel these trails. The animals might be forced to leave their yards and fall victim to exhaustion, predation or road accidents. *It is strictly forbidden to enter a moose or deer yard.*



## COUREUR DES BOIS PACKAGE

- Two nights in a rustic shelter\*
- Snowshoe rental
- Baggage handling

Starting at **\$95** +tx/person/quadr. occ.

\*Packages for winter camping and cabin getaways are also available.



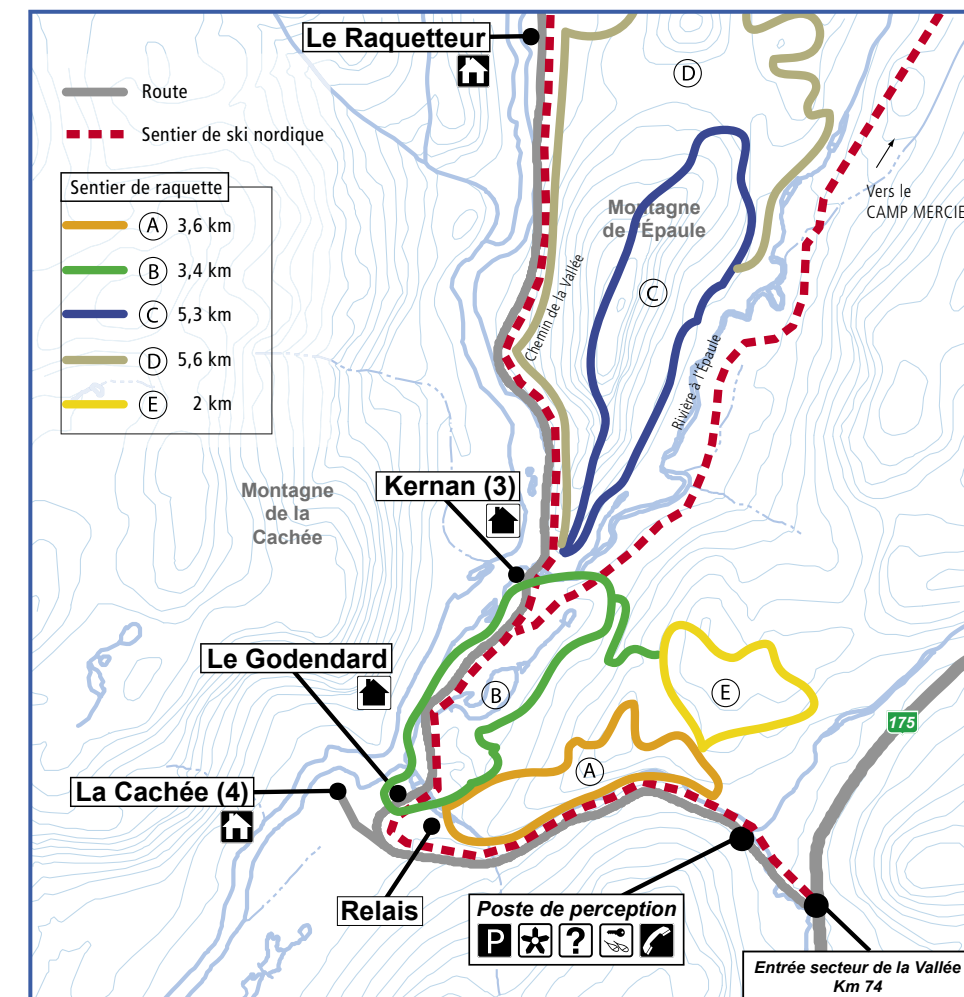
## Evenings of Gourmet Delights

When the moon is full at night, it is time to get outdoors and experience Parc national de la Jacques-Cartier. Early evening, enjoy the moonlight along a torch-lit snowshoe hike. Then, unravel the mysterious world of the wolf while enjoying a selection of Porto and chocolates during a talk entitled *Porto, choco et louveteau!*

For more information, consult the listing of discovery activities and special events at [www.parcquebec.com](http://www.parcquebec.com).

## Let's Take a Break!

Take a break during your trek and stop at the new warming hut at Km 2. Enjoy a light meal and warm yourself up in front of a crackling fire!



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# Park Journal



## PARC NATIONAL de la Jacques-Cartier

2007-2008 Edition

