



CHIC-CHOCS
MOUNTAIN LODGE
GASPÉSIE-QUÉBEC

A refuge from the ordinary



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Visitors' Guide



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



*Take
a 3-day
sabbatical
year*

*Come to the mountainside
and leave the daily
grind far behind.*

1 mountain environment to discover

SUMMER AND WINTER

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

WINTER IN THE MOUNTAINS

From the end of December to mid-April

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

SUMMER IN THE MOUNTAINS

From the end of June to mid-October

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

The packages include:

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

Alcohol and mineral water are not included*.

* PURCHASING POLICY AT THE LODGE

All the articles that you buy at the bar and at the boutique during your stay will be charged to your account. For each article purchased, you will have to sign a receipt confirming your purchase. You may settle your bill at the end of your stay.

CHILDREN AT THE CHIC-CHOCs MOUNTAIN LODGE

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



*cozy accommodations in
the heart of an authentic
natural setting.*

18 rooms perched on the mountainside

FOR YOUR RELAXATION

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

FOR CONVERSATION, ETC.

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

* N.B.

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



*Friendly meals featuring
good conversation.*

1,440 minutes of happiness per day

INNKEEPER

The innkeeper makes sure that you can forget about your day-to-day concerns while savouring the mountain setting at your own pace in the comfort and safety of the Lodge's friendly atmosphere.

A CHEF CLOSE TO NATURE

No need to deprive yourself of the best that life has to offer, even when you're on top of a mountain! The chef awaits you with high-quality products from Gaspésie and elsewhere. He will surprise you with healthy and delicious meals featuring fish, meat and game. For maximum freshness, bread, pastries, yogurt and desserts are made at the Lodge.

CONVIVIAL MEALS

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

YOU'RE INVITED TO SIT DOWN AND EAT:

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

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

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

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

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

IF YOU HAVE SPECIAL REQUIREMENTS SUCH AS ALLERGIES THAT WE SHOULD TAKE INTO ACCOUNT WHEN PREPARING MEALS, PLEASE LET US KNOW AS SOON AS POSSIBLE.



Friendly meals featuring good conversation



*A territory with
indefinable charm.*

7

metres of snow cover the mountains annually

SMALL BAGGAGE FOR BIG ADVENTURES

The Lodge is located in mountainous regions, the weather can change quickly, and on the bare summits, the wind can howl with a vengeance. We therefore advise you to use the "onion" clothing system, that is, dress with several layers of breathable clothes that can be taken off or put on as required.

Snow conditions: www.chicchocs.com



IN CASE YOU FORGET

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

BAGGAGE INSTRUCTIONS

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

N.B.

Certain restrictions apply to chartered flights.

TO FULLY APPRECIATE THIS MOUNTAINOUS LOCATION, WE SUGGEST YOU BRING:

Winter clothing



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

Summer clothing



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

4-season accessories



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



*The largest concentration
of moose in Québec.*

4.8 moose per km²

Recognized above all for its exceptional wealth of wildlife, the mountains next to the Lodge offer a stunning panorama of peaks, deep valleys and winding rivers and streams.

This magnificent scenery is a haven for the biggest cervid of all. Québec's largest moose population, 4.8 animals per km², is found in Réserve faunique de Matane. The remarkable quality of the diverse natural habitats and balanced wildlife resource management make this area a perfect breeding ground for these magnificent creatures.

This reality makes it possible to observe hints of the presence of the king of Québec forests (tracks, grazing, etc.) every day. Sometimes the animals even use the trail network to move around, and on occasion they venture onto the Lodge's grounds.



*Mountain peaks
within reach.*

60 km² of summits to explore in total safety

SAFETY ON THE SITE

The Chic-Chocs Mountain Lodge offers accommodation and outings in a magnificent natural location. The Lodge insists on providing you with the safest supervision possible.

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

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

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

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

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

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

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

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

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

Lodge - recreation zone

Legend

- Lodge
- Helipad
- Scenic point
- Observation tower
- Warming hut
- Waterfall
- Gravel secondary road
- Tertiary road
- Marked path
- Unmarked path
- Lodge - recreation zone



Scale:

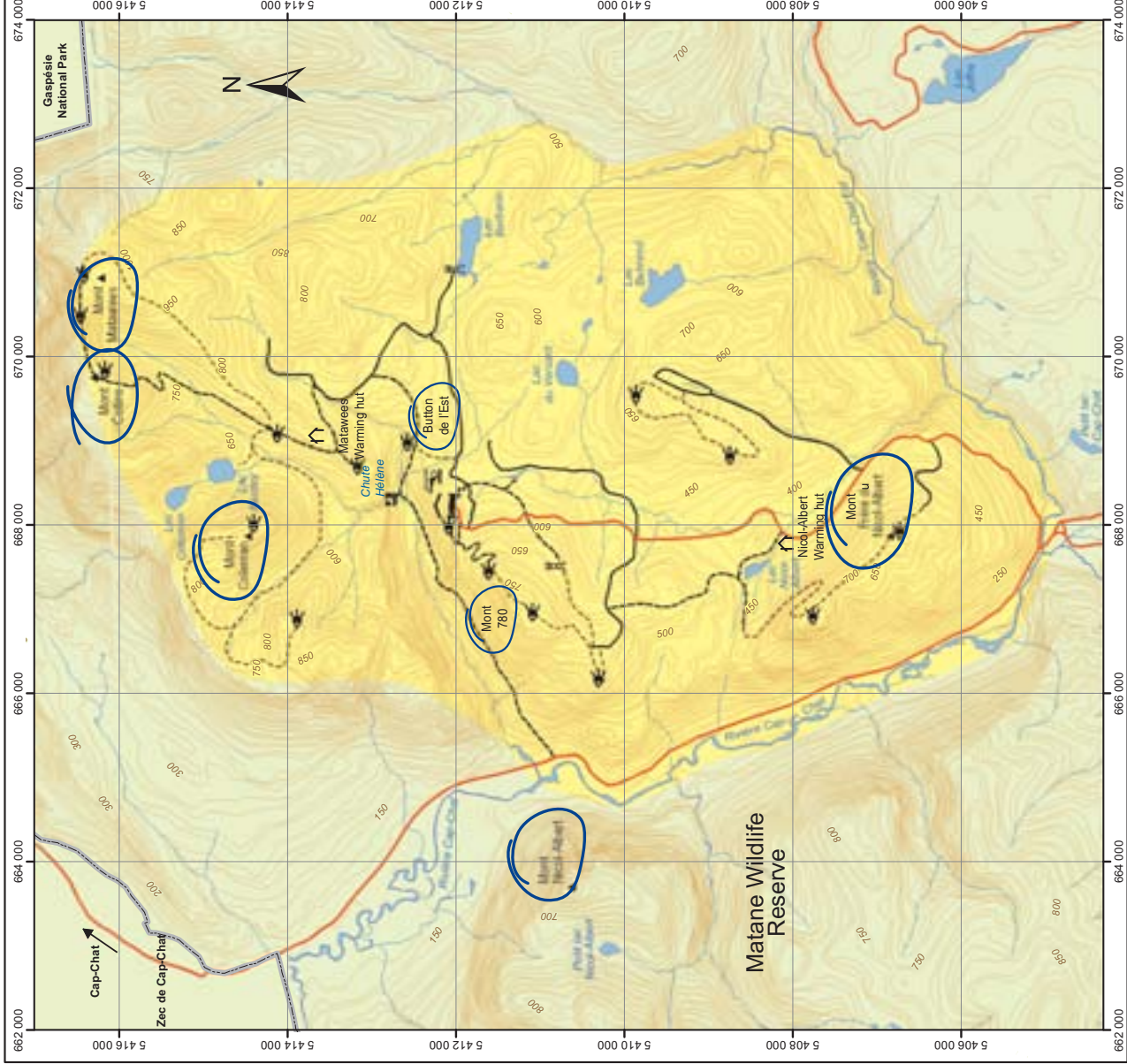


Source : Ministère des Ressources naturelles et de la Faune
 © Gouvernement du Québec
 Société des établissements de plein air du Québec (Sépaq)

Projection universelle transverse de Mercator (UTM), Zone 19
 North American Datum 1983 (NAD 83)
 Projection universelle transverse de Mercator de 2 000 mètres
 Quadriplage universel transverse de Mercator de 2 000 mètres
 Universal Transverse Mercator Projection (UTM), Zone 19
 North American Datum 1983 (NAD 83)

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*It's grand, it's vast,
and it's wild...
at last we can breathe!*

1,001 ideas for our future

THE LODGE HAS IMPLEMENTED SEVERAL INITIATIVES INTENDED TO PRESERVE THE ENVIRONMENT.

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

A GREEN YEAR FOR CHLOROPHYLLE!

A shared concern for the environment, forest cover diversity, bare summits, and thanks to a meteorological station, well-documented climatic conditions, are the reasons why Chlorophylle chose the Chic-Chocs Mountain Lodge as its open-air laboratory for testing new fabrics and developing new clothing.

Taking care of our environment also means buying responsibly.



7 skiable domains to enjoy in total safety.

57 years of combined experience for the chef and his team

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

WINTER ACTIVITIES :

- Snowshoeing
- Hiking on marked trails
- Wildlife observation
- Photography
- For skiers:

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

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

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

SUMMER ACTIVITIES :

- Mountain hiking
- Mountain biking
- Wildlife observation (moose, deer, caribou, birds of prey, etc.)
- Nature interpretation
- Photography
- Lake kayaking

SAFETY EQUIPMENT PROVIDED

- Two-way radio
- Avalanche beacon
- Floatation vest
- Topographic map
- Telescopic walking sticks
- Thermos

EQUIPMENT PROVIDED

- Snowshoes: Louis Garneau, model – Escape
- Alpine touring equipment: Boots Lowa – model Structura. Skis Karhu – model Cobra. Bindings Diamir – model Explore. Climbing skins – Colltex brand
- "Meta" skiing equipment: Karhu brand – META model (insulated or non-insulated hiking boots)
- Splitboard: Prior brand (certain boot size available)
- Mountain bike – KONA brand – Cinder Cone model (conventional pedals or Shimano type, model SPD-959)
- Boreal two-seater kayaks



7 skiable domains to enjoy in total safety



Discover the mountains
at your own pace.

10

simple instructions for your safety

GETTING OUT THERE... WITH OR WITHOUT A GUIDE?

All the Lodge activities can be practiced with or without a guide. The program is adapted to your needs depending on your interests and the weather. Supervised activities are available to facilitate the discovery of certain aspects of nature or access to mountain sectors that are more difficult to reach.

Don't forget that the purpose of a trip to the Lodge is to find your own rhythm, sometimes active, sometimes more contemplative. At the Lodge, you always have the choice between relaxation and activities. Over time, different themes (cooking, writing, painting, photography, etc.) will be added to enrich the Lodge's activities. Contact us at Sépaq's Sales and Reservations Office at 1 800 665-3091 or at our Internet site, www.chicchocs.com.

SAFETY INSTRUCTIONS FOR NON-GUIDED ACTIVITIES

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

SAFETY INSTRUCTIONS FOR GUIDED ACTIVITIES

- Always follow the guides' instructions during hikes and excursions.
- Always carry a backpack containing a two-way radio, food, water and an insulated vest.
- Wear a floatation vest on all types of watercraft.
- Wear a bicycle helmet.
- Inform the guide about any discomfort (fatigue, thirst, injury, health problem).



Discover the mountains at your own pace



*Infinitely, magical,
infinitely, wild, and
infinitely, comfortable
place.*

2 types of insurance for your peace of mind

TRAVEL INSURANCE*

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

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

MEDICAL INSURANCE

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

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



*Cap-Chat Rendezvous
point - turn right after
the church and drive
approximately 1 km.*

55 km from the sea to the mountains

CAP-CHAT: WHERE THE ADVENTURE BEGINS

Before taking Chemin de l'Auberge, stop in at our Cap-Chat Reception Office. We will be waiting for you there to start the adventure since no personal vehicles can go all the way to the Lodge.

ARRIVAL AND DEPARTURE PROTOCOL

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

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

CAP-CHAT OFFICE

10 Notre-Dame St. (Hwy 132)
Cap-Chat, Québec G0J 1E0
Limited office hours
Telephone: 418 786-2626

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



Located 55 south of
Cap-Chat.

4 means of transportation

TRANSPORTATION

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

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

From Mont-Joli: 133 km / 83 mi.

From Matane: 70 km / 43 mi.

From New Richmond: 160 km / 100 mi.

BY CAR

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

BY TRAIN

Via Rail's Le Chaleur train provides service for the Gaspé Peninsula. There are several departures per week and you can travel comfortably in the night train. The return trips are every Monday, Thursday and Saturday. For more information www.viarail.ca and 1 888 VIA RAIL (842-7245). Transportation from the train station to the Cap-Chat office is your responsibility. You can reach the office by taxi or rental car.

BY BUS

Orléans Express: 2 times per day

BY PLANE

Sépaq chartered flights

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

Regular flights

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

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

Sépaq also arranges chartered flights out of Montréal and Québec City at certain times in the winter. Contact our Sales and Reservations Office to find out how to reserve your flights at 1 800 665-3091.

When planning your stay at the Lodge, you must take into account our arrival and departure times. Train and regular flight schedules might require that you sleep over in the region before and after your stay at the Lodge. Catch your breath before arriving at the Chic-Chocs Mountain Lodge by reserving a room with a view of the mountain at Gîte du Mont-Albert.