

Park Journal



PARC NATIONAL des Monts-Valin

2007-2008 Edition



THE GRAND TOUR OF QUÉBEC'S NATIONAL PARKS



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

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

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

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

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

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

National parks are here for you to enjoy!



A Giant in Rock forged by Time

The Park

In September 1996, the Government of Québec created the parc national des Monts-Valin to protect and develop a representative sample of the natural region of the mont Valin massif. The park's 154-km² territory comprises all the natural features of the area. Eleven years is very short compared to the overall history of this area. During your visit, always bear in mind that the landscapes you are encountering are the result of tens of thousands of years of slow, stable geological transformations.

The spectacular scenery witnessed by park visitors is for the most part the result of the geological evolution of the territory over the ages. In fact, the very nature of the Mont Valin Massif itself is deeply rooted in time; its formation began over a billion years ago with the birth of the Laurentians. The rocky foundations of the Mont Valin Massif is mainly made of anorthosite. Nowadays these rocks appear at the surface even though they were once hidden in the core of the Laurentians which, at that time, it is thought, were as high as the Himalayan range. Since then, erosion has never stopped and the mountains now have a low curved profile, the worn-down base left over from the once towering mountains. About 180 million years ago, another event brought great changes to the area. At that time there was no Saguenay Fjord nor Lac Saint-Jean, only mountains. Enormous geological

tensions built up and caused the earth's crust to crack, creating two major fault lines in the area. Both are still visible today: one coincides with the vertical rock faces along Lac Kénogami, and the other follows the steep slopes of Mont Valin. The portion of land between these two faults formed, as it subsided, the Saguenay River graben and the Lac Saint-Jean basin.

The Parc national des Monts-Valin thus straddles two zones: to the south are the lowlands with their relatively mild climate; to the north, the highlands characterized by elevated summits and a rigorous climate. The flora and fauna reflect these two zones: fir-yellow birch communities to the south and fir-white birch communities elsewhere. Up to 427 species of boreal plants have been inventoried in different areas of the park. On the summits, a few rare plants, seldom seen in the region or elsewhere in Québec, may be observed.

Over 20 species of mammals have been inventoried in the park. Herbivores such as the Woodland caribou have been seen a few times, and moose are common in the piedmont area. Other species frequently sighted are the beaver, the snowshoe hare, the red squirrel, the woodchuck and the muskrat. Their predators are mainly black bears, lynx, wolves, coyotes, red foxes, etc. Sporadic surveys made it possible to draw up a preliminary list

of 104 forest-dwelling bird species. We are particularly pleased to count the Bicknell thrush among the nesting species of the park. This thrush, whose status is precarious, is found only on the highest summits in the southern part of Québec.

With its geology and its abundant flora and diversified fauna, the Parc national des Monts-Valin is an exceptional environment— there for you to discover.

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Cover photo : View from the Mirador, Parc national des Monts-Valin, Mathieu Dupuis.



Mountain Hiking



Shelter

Le Pionnier is an 8-person shelter for hikers. Located near the Pic de la Hutte, it makes for an enjoyable stay in the mountains.

Rate: \$21.00 / person

A luggage shuttle is also available. The shelter can also be accessed by car.

Pic de la Hutte Summer Shuttle

Available on weekends from August to October.

Departs at 10:00AM from the Discovery and Service Centre, and at 4:30PM from the Pic de la Hutte parking lot for the return trip.

One-way rates:
\$5.70 / adults
\$4.38 / children

	Level	Distance	Elevation gain	Altitude	Start from
The "Mirador" Trail Family hike to the Mirador lookout from which you can enjoy the view of the majestic <i>Mont Valin</i> Massif and look down on Étang Bélanger and the many meanders of the Rivière Valin.	Easy	1.5 km (one way)	60 m	290 m	Discovery and Service Centre
The "Lac des Pères" Trail Easily accessible to the whole family, this wandering trail will take you to the shore of <i>Lac des Pères</i> .	Easy	3 km (loop)	50 m	290 m	Discovery and Service Centre
The "Pic de la Tête de Chien" Trail This peak is an interesting challenge for a half-day of fun. Climbing up is demanding, but the view from the top is worth the effort.	Difficult	3,5 km (one way)	340 m	570 m	Discovery and Service Centre
The "Pic du Grand Corbeau" Trail This trail, with its impressive altitude change, is for seasoned hikers and leads to the top of the mountain. Take advantage of the paragliding platform on the summit.	Difficult	5,5 km (one way)	590 m	820 m	Discovery and Service Centre
The "Pic de la Hutte" Trail For a unique panorama of the <i>Saguenay-Lac-Saint-Jean</i> region, take this trail up to " <i>Les Yeux d'un Royaume</i> ". On the summit, two lookouts are accessible by boardwalk, constructed to protect the fragile environment.	Easy	1,5 km (one way)	70 m	900 m	Parking area of the Pic de la Hutte
	Difficult	7 km (one way)	670 m	900 m	Discovery and Service Centre
The "Des Sommets" Trail This loop takes hikers to three of the peaks, and offers several impressive viewpoints.	Inter-mediaire	5 km (loop)	70 m	900 m	Parking area of the Pic de la Hutte

Be on the lookout while hiking! You may encounter a bear...

Here is some sound advice on how to act in the presence of a bear:

- Stay calm and evaluate the situation
- Slowly move back and talk in a soft voice (*Never start running*)
- Keep an eye on what's going on without looking the bear straight in the eyes
- Make sure the bear does not feel cornered, and leave an escape route open so that it may get away
- Never come close to the young
- Try to distract its attention by throwing an object in a different direction
- If the bear charges, climbing a tree can be a solution, or you can try to defend yourself or discourage the bear by impressing it, but only as a last resort



Campground and canoeing



Did you know...

The *Bras des canots* river and the *lac aux canots* are so called today because of a transcription error of official records. All the lakes emptying into the *Bras des canots* river were once named *lacs aux canaux*, meaning channel lakes (*canots* and *canaux* are pronounced the same way), thus illustrating their interconnecting nature through a series of channels (streams) making it possible to travel from one lake to the next by boat (canoe!).

Estacade Shuttle

Return transportation to the Estacade campground for 2-4 persons, including canoes and luggage.

From \$32.00

Canoe-camping Excursion on Rivière Valin

	Number of sites	Distance	Current flow Direction
L'Estacade	5	5.8 km	Downstream
Le Contre-Courant	5	4.5 km	Upstream

Services :

- Firepit
- Outhouse facility
- Picnic table
- Classification : easy

Group Camping

Situated on the shore of the Rivière Valin, the "*Eau-vive*" group campsite can accommodate 15 people. Picnic tables, a fire pit and dry toilet are available on the site. The campground is located near the Discovery and Service Centre and can be accessed by motorized vehicle.

Canoeing and Canoe-Camping

Paddlers of all levels can enjoy a different view of the mountain as they travel on the Rivière Valin. Going upriver from the Discovery and Service Centre, you will explore the river's meanders and the Étang Bélanger on your way to the Contre-Courant rustic campground. Paddling downriver will bring you to the Bras-du-Canot and Saint-Louis tributaries and the "Estacade" rustic campground. The return trip against the current can be difficult; we suggest you use the shuttle service.

\$20.80 per site, including firewood.

Canoe-camping circuit in the Zec Martin-Valin



Reduced fee: students, children (under 18) groups of 10 persons and more.

Get a copy of our canoe-camping guide

- (R1 to R4) Lakes and rivers
- Various circuits (beginner to expert)
- Rest areas with facilities
- Fishing

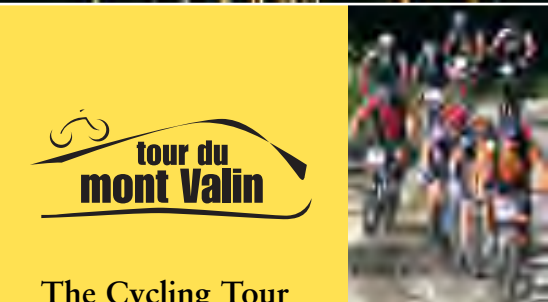
Available by reservation:

- Boat rentals
- Shuttle service



For information and reservations:
Zec Martin-Valin
(418) 674-9170
(418) 548-4799

www.zecmartinvalin.com



The Cycling Tour

The mont Valin cycling tour will be held on Saturday, September 8, 2007. The program includes hikes of 22, 30, 48, and 63 kilometres, as well as a 90-kilometre timed mountain trek.

Information and registration at www.tourmontvalin.com

At the Frontier of the North Discoveries of the year

Fishing and Summer Lodgings...



Exclusive! Brook Trout!

For fishing enthusiasts, the brook trout (also called speckled trout) is often just a pretext to renew contact with the natural world. In many fishing areas, indigenous trout are being threatened by the introduction of new fish species such as the white sucker, which have greatly affected native trout populations by monopolizing large proportions of their food resources. Some water bodies in the region have had their trout production potential reduced by 30% to 70% following the introduction of white suckers! The use of fish as bait was quite common for a time, and it has been a main source of competing species in our lakes and streams. These competitors thrived and have caused much harm to the brook trout, the pride of our lakes.

This problem has been avoided within the park territory and in most of the lakes of the Mont-Valin Massif. Thanks to natural obstacles such as falls and cascades, which cannot be overcome by the undesirable species, our mountain water bodies have remained allopatric (only one fish species), which means that only vigorous speckled trout inhabit our lakes, much to the satisfaction of our vacationers!

LODGINGS

Several cottages and rustic camps are available for a comfortable escape. Whether you choose a fishing package or just a relaxing vacation, you will find all the commodities you need for an enjoyable stay.

Cottage vacations from \$43.50 / person.

Rustic camp vacations (l'Attisée) from \$28.00 / person.

	6	2	X	X
La Courtepointe	6	2	X	X
La Muse	6	2	X	X
La Sauvagine	6	2	X	X
Le Boréal	6	1	X	X
L'Attisée	4	1		X
Le Panoramique	6	2	X	X
Le Point de vue	6	2	X	X
La Chaumière	6	2	X	X

Legend

- Maximum lodging capacity
- Number of rooms
- Shower
- Electricity
- Propane

Summer Activities

Climbing Mont Valin: A Window on the North

If you happen to meet a park warden on the trail up to the Pic de la Hutte, be sure to inquire about the impact of altitude on the flora and fauna. Did you know that nine species of blueberries can be found on the summits?

Schedule: Saturdays: 11:00 a.m. – 4:00 p.m.
Sundays: 11:00 a.m. – 4:00 p.m.
August 4 to first snow (early October)

Duration: Variable
Departure: "Pic de la Hutte" Trail
Admission: Free

Meandering along the Rivière Valin

Grab your paddle for an eco-tour excursion "Au gré des méandres de la rivière Valin". The park warden paddling with you will explain the rich and fascinating environment of the Rivière Valin and Étang Bélanger. You will also enjoy a novel view of the mountain!

Schedule: Reservations required
Duration: Half a day
Departure: On the Rivière Valin, starting from behind the Discovery and Service centre
Admission: Adults - \$34.95
Children 12-17 - \$17.48
Children under 12 - Free

Water Gardens of the Rivière Valin

Meet Myrica, your guide for the canoe ride on the Rivière Valin. Myrica is a leaf of the Sweet Gale shrub. She will be delighted to introduce you to the fauna and flora of the distinctive ecosystem of the Étang Bélanger. During this canoe outing, you will certainly meet some very interesting specimens... So, before you head out, be sure to pick up your Interpretation Guide from the Reception Desk.

Schedule: Everyday from June to October
Duration: Variable
Departure: On the Rivière Valin, starting from behind the Discovery and Service centre
Admission: Free

Special Activities

Fishing Fiesta

Fishing is THE summer activity par excellence. To celebrate, you are invited to a free weekend of fishing. Come experience fishing made in heaven!

Schedule: Friday, June 6;
Saturday, June 7;
Sunday, June 8

Duration: 8:00 a.m. to 6:00 p.m.
Departure: On the shores of the Rivière Valin

A Night With the Perseids

Each year, during the second week of August, a shower of shooting stars, the Perseids, illuminate the skies of our planet. You are invited to come early in the evening to first enjoy the sunset from the summit of the Pic de la Hutte, then to a lecture about the Perseids and other astronomical phenomena. Come experience an evening with the stars.

Schedule: Saturday, August 10
Duration: Starting at 7:00 p.m. and until midnight or later for stargazing!
Departure: Meeting at the Discovery and Service centre
Admission: Adults - \$10.00
Children 12 to 17 - \$5.00
Family rate - \$20.00

Bird Rehabilitation Interpretation Centre of Saint-Fulgence (CIBRO)

261 bird species have been observed.

- Exhibition Area
- 9 rehabilitation aviaries for Raptors
- 4 trails and 3 lookout points offering a spectacular view of the Fjord

For information: (418) 674-2425

Daily fishing

Between May 26 and September 10, 2007 the Parc National des Monts-Valin offers fishing enthusiasts the possibility of teasing brook trout. The catch and fish-possession limit is 15 per licence holder at any one time. To be allowed to fish, you must first have paid your access fees. We also rent fishing tackle.

Daily access fee \$14.34

Weekly access fee \$71.72

Daily fishing with boat

(reservation 24 hours in advance)

1 person \$47.96

2 persons \$62.31

3 persons \$76.65

FISHING PACKAGE

Includes :

- Accommodation in a cottage or a cabin
- Fishing access fee
- Boats
- Possible access to several lakes and rivers, depending on the park's fishing plan.

Starting at
\$60 / per person

Fully Equipped for Good Fishing! Fishing equipment rentals

	1 hour	4 hours	Day
Canoe	\$11.85	\$23.69	\$33.57
Rowboat	-	\$21.28	\$30.50
Fishing rod	-	-	\$13.82
Sleeping bag	-	-	\$9.21
Telescopic pole	-	-	\$9.21
Ground mattresses	-	-	\$9.21
2HP engine	-	\$24.57	\$35.10
Electric motor	-	-	\$33.57



Programs for School Groups

Parcs Québec now offers two programs for students of the 2nd and 3rd cycles (grades 3-6) of primary school. These programs are now available and free of charge at the Parc National des Monts-Valin. The activities are conducted by the teachers, who will receive complete teaching kits and the support of park wardens in preparing their class projects. A turnkey version of the program is also available since it can, for a low fee, be lead by a park warden. These programs conform to the Quebec Ministry of Education guidelines and fit into the learning-by-project approach.

For more information, call (418) 674-1200, ext. 230.

Schedule: From the end of May to the end of June and from the end of August to the first snow (early October)

Duration: 1 day
Departure: Meeting at the Discovery and Service centre

The Fascinating World of “Carnivorous” Plants

All the better to eat you up with, my child!



In the imagination of man, carnivorous plants have forever been considered evil, to have a malicious disposition. Collective fantasies, along with numerous, hilarious accounts from 19th Century explorers, have contributed to tenacious legends, such as that of the “Madagascar Man-eating Tree”, to which young women were supposedly sacrificed. And yet, of the 500 species of carnivorous plants on the planet, not one would be able to attack a human being! The very largest preys these plants could ever catch are more realistically the size of a toad or a mouse... and still, very few species can even go that far. For the most part, carnivorous plants eat insects, as is the case for all species in the Province of Quebec.

These fascinating plants have developed an arsenal of adaptations that makes it possible for them to survive conditions that would kill most other plants. Let us take a closer look...

Hunger Justifies the Means

Most plants produce the energy they need through photosynthesis; carbon dioxide (CO₂) and water are transformed into sugar by solar energy. Plants also get the various minerals they need from the soil. However, certain environments have a poor content of these minerals, such as marshes and acid peat bogs. To overcome this deficiency, many plants such as the Speckled Alder favour the growth of mushrooms on their roots. Because mushrooms are better at extracting minerals from the soil, a sugars-for-minerals exchange takes place between the shrub and the mushrooms.

In a peat bog, the extremely slow decomposition process of peat leads to the immobilisation of nutritional elements over a long period. Moreover, the peat layer keeps plants from accessing minerals in the soil. In order to survive, vegetation is then constrained to using the minerals present in the water, or finding other sources for these nutrients: insects.

A Thousand Ways to Catch a Fly

All carnivorous plants have transformed their leaves into varied, sometimes highly sophisticated traps. These traps can be passive (no movement) or active.

ROUND-LEAVED SUNDEW

(*Drosera rotundifolia* Linnaeus):

The leaves of the Round-leaved Sundew are covered with sticky red “hairs”. These hairs have three uses: they secrete a sticky substance that holds the victim; they produce the enzymes needed for digestion; and they absorb



nutrients from the decomposing insect. As the captured insect tries to break free, the movement activates the surrounding hairs. The tentacles then slowly close in on the prey thanks to accelerated growth on their outer portion. After digestion, the trap will return to its original form by stimulating growth from the inner portion of the hairs.

PITCHER-PLANT (*Sarracenia purpurea*):

The Pitcher-plant has developed a highly sophisticated trap: First, the bright colour of the flower and distinctive odour of the leaves attract an insect. Then, when the potential victim lands on one of the smooth leaves, it starts to slide towards the bottom. The hairs that cover the leaf are oriented towards the ground, at once aiding the insect from climbing back up. Finally, digestive glands and bacteria take care of the decomposition process of their prey, and nutrients are absorbed in a deeper zone with no waxy coating.



COMMON BLADDERWORT

(*Utricularia vulgaris*):

The Common Bladderwort feeds on microscopic prey through tiny bladder-like traps, called utricles which that are attached to their under-water stems. These transparent bladders evacuate the water they contain and do not reopen until a microscopic organism (crustacean, insect) rubs on the cilia (tiny hairs) around the edges. The sudden opening of the utricle creates a vacuum-like effect that aspirates both water and prey. And ever so fast! The slowest react in one-fiftieth of a second and the fastest, in one-five-hundredth of a second!!! The Common Bladderwort secretes digestion enzymes that dissolve the victim. At the end of a one-hour digestion period, the water is repelled and the trap is set anew.



How Does a Plant Become “Carnivorous”?

All these ingenious traps are the result of long-term evolution dictated by necessity. Certain plants with such adaptations as cone-shaped leaves or sticky hairs probably evolved, over time, into carnivorous plants. As a matter of fact, some non-carnivorous plants have the ability to catch insects and absorb the nutrients

through their leaves, but are still not considered carnivorous. In fact, the characteristic that determines carnivorous plants from non-carnivorous ones is the secretion of digestive enzymes by its leaves.

As a point of interest, the so-called carnivorous plants are not strictly carnivorous; absorbing nutrients from insects only serves to complete their nutrition. As a matter of fact, laboratory tests have shown that most of them will survive even without their prey. However, they become less energetic and often produce fewer seeds. Moreover, they would probably lose ground to competitive species in their natural habitat if they were to suffer such a dietary deficiency.

The Étang Bélanger (Pond) Peat Bog: a natural treasure to preserve

At the Parc national des Monts-Valin, insectivorous plants have settled mainly in the Étang Bélanger Peat Bog. Over and above the Pitcher-plant, Common Bladderwort, and Round-leaved Sundew, the area is host to more than 150 different plant species, some of which are rare in the Province of Quebec. It is a highly diversified, but fragile environment; that is why it has been placed in the conservation area of the park. Also, walking in the bog is prohibited. However, this exceptional ecosystem can be explored and discovered by canoe! In this manner, you can observe these strange and fascinating plants while contributing to their conservation.

The Carnivorous Plants of the Parc national des Monts-Valin

- 1- *Sarracenia purpurea* Pitcher-plant
- 2- *Drosera rotundifolia* Round-leaved Sundew
- 3- *Drosera anglica* English Sundew
- 4- *Drosera intermedia* Spatulate-leaved Sundew
- 5- *Utricularia cornuta* Horned Bladderwort
- 6- *Utricularia vulgaris* Common Bladderwort
- 7- *Utricularia intermedia* Flatleaf Bladderwort

Did you know?

A species of insect, *Wyeomyia smithii*, is associated with the Pitcher-plant. The larvae live in the leaves of the flower and are resistant to the enzymes secreted to accelerate the decomposition of victims. Moreover, the larvae survive freezing weather; they hibernate within the ice that covers the plant's leaves over winter.

AVENTURE ÉCOTOURISME QUÉBEC

at parc national des Monts-Valin

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

514 271-6046

Québec Hors-Circuits

- Snowshoeing
- Backcountry skiing

Low season: 1 866 560-3737

Équinox Formation

- Snowshoeing expedition and excursion of 1 to 3 days

1 888 668-7381

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



BUY NATURE

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

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

100%

recyclable
reusable
made in Québec
ecological
environmentally friendly



Visit our virtual boutique at ParcsQuebec.com

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



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.