

The Hackberry  
 Several groupings of this tree, which is rarely seen in Québec, can be found in the Park.



# Park Journal



PARC NATIONAL  
 de Plaisance

2007-2008 Edition

**MANOIR-PAPINEAU**  
 NATIONAL HISTORIC SITE OF CANADA  
*Honour to Whom Honour is Due!*  
 Visit the authentic seigneurial manor house of Louis-Joseph Papineau and discover the priceless legacy of a visionary Canadian figure.  
 Guided tours and more...  
 Admission fees charged on site  
*Entrance and parking accessible at Montebello Train Station on Highway 148*

500 Notre-Dame Street  
 Montebello, Quebec  
 J0V 1L0

819-423-6965  
 1-888-773-8888

[www.pc.gc.ca](http://www.pc.gc.ca)

Parcs Canada

**MULTI MEUBLES**  
*Déstockage*  
*des gens de coeur et de passion depuis 40 ans à votre service!*

**Propriétaire : Linda Racicot**  
 207, rue Principale, Plaisance (Québec)

Pour réservation :  
 (819) 427-6620 ou (819) 427-8581

*Vin disponible à l'achat d'un repas pour sortir*

**La Coop**  
 Agrarien  
*La force d'un réseau*

340, rue Lyons, Thurso (Québec) J0X 3B0

**THEATRE  
 SHOWS  
 ARTIST'S CAFÉ  
 SINGERS  
 COMEDIANS**

**RESERVATION**  
 (819) 983-4000  
[www.theatredes4soeurs.com](http://www.theatredes4soeurs.com)  
 156, Principale  
 Saint-André-Avellin

**RESTAURANT**  
*Montebello*  
 SEPTIÈME

ROBERT DOUGLAS  
 Propriétaire  
 Tel. : (819) 423-5037 | Cell. : 743-0215



Thanks to all our Partners!



# 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!

## Welcome to the Park!

We are very pleased to welcome you to Parc national de Plaisance. Since its creation in the spring of 2002, we have endeavoured to provide visitors with a range of services worthy of the most famous National Parks, while at the same time taking great care to protect the Park's diverse plants and wildlife. The Park's defining characteristic is certainly its wide variety of wetlands. Indeed, the Park is dotted with marshes, ponds, swamps and wet meadows. In each of these habitats are found specific flora and fauna that contribute greatly to the Park's biodiversity. As a result, from the beginning of spring to the end of autumn, visitors can enjoy a colourful and ever-changing feast for the eyes.

In addition to nature's beauty and the excellent facilities we have put in place, there is one other element that will make your stay here very enjoyable: our staff. They are committed to offering you the highest quality service, and are always available to help. They are all dedicated workers who care a great deal about what they are doing. Their smiles help brighten up the Park, and I want to say how much I enjoy working with them.

Enjoy your stay!

Jean-Luc Lussier  
Director



## 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.

*1st Prize (Flora) 2006 – Geneviève Bertrand*  
The Common Burdock - This common plant has been the cause of a great deal of aggravation thanks to its prickly burrs that attach themselves to everything and can be very difficult to remove... But setting aside that undesirable aspect, the Park does give us the chance to appreciate the plant's delicate beauty, when we stop and take a good look at it.

## Contents

Welcome to the Park!	1
The mission of Parcs Québec	1
Discovery Activities	2-3
Hiking Trails	5
Map of the Park	6-7
Map of Campground	8
Prices for Activities and Services	8
Conservation... It's Everybody's Business!	10
Fun and Games	11
All Aboard!	13

## Articles

An Important Visitor!	4
Poison Ivy	9
Caution! Turtle Crossing!	12

## GENERAL INFORMATION

**Parc national de Plaisance**  
1001, des Presqu'îles Road  
Plaisance (Quebec) J0V 1S0  
Administration : (819) 427-5350  
Information : (819) 427-5334  
Reservations : 1 800 665-6527  
Website : [www.parksquebec.com](http://www.parksquebec.com)  
E-Mail : [parc.plaisance@sepaq.com](mailto:parc.plaisance@sepaq.com)

**Editor :** Jean-François Houle  
**Contributors :** Jean-Luc Lussier, Marielle Bois and Charley Brassard  
**Translation :** Joseph K. Mayer  
**Photos :** Geneviève Bertrand, Jean-François Houle, Jean-Pierre Pellerin, Jean-Pierre Huard, Éric Paré, Roy Dikdam, Roger Joannette, Réjean Tremblay



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.

Discover our regional parks



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

*Yvan Bilodeau*  
Yvan Bilodeau  
President and CEO  
Sépaq



# Discovery Activities



(Please Note: Activities offered in French Only)

## GUIDED HIKES

### For the Birds (8 years and up)

Learn some tricks to make bird-watching in the Park more rewarding. A park warden will help you find the best sighting spots in the Park and will let you get to know some of the Park's winged inhabitants. It's a fun activity built around a hike (1.5 km).

### Visiting the Beavers (8 years and up)

Parc national de Plaisance is home to a number of beaver colonies. Taking a walk through the woods, we will go and explore their habitat. There is a very good chance that we will see some of these large rodents. We will also be able to observe beaver lodges and many other signs of their presence.

## GUIDED BIKE TOURS

### Live: Turtle Egg-Laying (8 years and up)

A turtle nest is very fragile, and baby turtles face many obstacles as soon as they are hatched. Together, we will attempt to observe a turtle in the process of laying her eggs! The experience will demonstrate to you just vulnerable these creatures really are.

## FAMILY RAMBLE AND POSTED ACTIVITIES

### Looking for Clues (For the whole family)

Here's something that the whole family will enjoy, a ramble that will take you through the area around the campground, allowing visitors to discover the Park and some of its secrets.

(A draw will be held among the participants. The prize: a half-day of canoeing for the whole family)

### Observing Waterfowl in their Habitat (For the whole family)

During the waterfowl migration period, be on the lookout: you might be surprised by what you see! Come meet our naturalist park wardens, as well as members of the Outaouais Bird-watching Club. Through the use of telescopes, they will help you make some excellent sightings.

### The View from the Lookout Tower (For the whole family)

This sector of the Park is home to numerous birds. A park warden will meet you at the top of the Perras Marsh Tower and will show you a very special marshland. Prepare for a 1 km hike or bike road to get to the tower.

## GUIDED PONTOON BOAT TOURS

### Bird-watching Tour (8 years and up)

Take a pleasant cruise on a pontoon boat followed by a short visit to the Presqu'île des Legault to discover the great variety of bird species found in the Park. A park warden will be your guide, introducing you to the fundamentals of bird-watching.

## DISCUSSIONS

### Those Mysterious Turtles (For the whole family)

With its many wetlands, Parc national de Plaisance is home to a number of different kinds of these remarkable reptiles. Come and join us to get acquainted with turtles, and learn about their behaviour.

## GUIDED RABASKA CANOE TOURS

### Explore the Bayous (8 years and up)

What are wetlands? An ideal habitat for turtles, a food source for herons, and a beautiful landscape to be captured by photographers. Come join us in a rabaska canoe as we explore our "Northern Bayous"!

### Twilight Adventure (8 years and up)

The night is another world, made of shadows and sounds... Are you ready for a new sensory experience? As we paddle along, let your eyes get used to the darkness, and soon your ears will be picking up every sign of life, sometimes quite close to the boat!

### The River of Time (8 years and up)

From the days of the Oeskarini People to the present, including a look at the Papineau Family, you will discover the historical periods that have shaped this land. Travelling in a rabaska canoe, we will go against the current, and go back in time!

(This theatrical version of the tour has been made possible thanks to the participation of the Municipality of Plaisance's Heritage Interpretation Centre.)

### Nature Cruise (For the whole family)

There are countless ways to discover a nature park. Take a lovely cruise that will allow you to discover the many delightful features of Parc national de Plaisance. Come and enjoy an hour filled with stories about nature and people.

### Everything You Need to Know About Fishing in the Park! (For the whole family)

This activity will shed light on the question of fishing in the Park. A park warden will address important issues related to fishing in this special locale, and will also share some secrets about the best spots to try as well as some techniques that will help make your fishing trip a success.

## Calendar

### APRIL 21 TO 30

Day	Time	Activity	Length	Price	Location
Saturday and Sunday	10:00 AM	Observing Waterfowl In their Habitat	2 hours	Free	Les Étangs Lookout (Grande-Présqu'île)
Saturday and Sunday	1:00 PM	The View from the Lookout Tower	2 hours	Free	Perras Marsh Tower (Thurso Sector)
Sunday	8:00 AM	For the Birds	1 hour, 15 min	Free	Parking Lot near the Zizanie des Marais Trail

### MAY

Day	Time	Activity	Length	Price	Location
Saturday	8:00 AM	For the Birds (May 5 and 12 only)	1 hour, 15 min	Free	Parking Lot near the Zizanie des Marais Trail
	9:00 AM	Bird-watching Tour (May 19 and 26 only)	1 hour, 30 min	\$14.04/adult   \$7.02/children	Discovery and Service Centre
	1:00 PM	Looking for Clues	1 hour	Free	Campground Community Centre
	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	6:30 PM	Everything You Need to Know About Fishing in the Park!	45 min	Free	Swimming Pool Parking Lot
	7:00 PM	Twilight Adventure	1 h 15 m	\$5.26/adult   \$2.63/children	Discovery and Service Centre
Sunday	9:30 AM	Those Mysterious Turtles	45 min	Free	Swimming Pool Parking Lot
	10:00 AM	Nature Cruise (May 20 and 27 only)	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre

### JUNE 2 TO 17

Day	Time	Activity	Length	Price	Location
Saturday	9:00 AM	Bird-watching Tour	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	6:30 PM	Everything You Need to Know About Fishing in the Park!	45 min	Free	Swimming Pool Parking Lot
	7:30 PM	Twilight Adventure	1 h 15 m	\$5.26/adult   \$2.63/children	Discovery and Service Centre
Sunday and Wednesday	7:00 AM	Live: Turtle Egg-Laying (June 3, 6, 10, 13 and 17)	2 h 30 m	\$7.02/adult   \$3.51/children	Baie Noire Parking Lot
Sunday	10:00 AM	Nature Cruise	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre

### JUNE 23 TO SEPTEMBER 3 (For the fall schedule, please visit one of our Welcome Areas)

Day	Time	Activity	Length	Price	Location
Saturday	9:30 AM	Bird-watching Tour	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	6:00 PM	Everything You Need to Know About Fishing in the Park!	45 min	Free	Swimming Pool Parking Lot
	8:00 PM*	Twilight Adventure	1 h 15 m	\$5.26/adult   \$2.63/children	Discovery and Service Centre
Sunday	10:00 AM	The River of Time	1 h 15 m	\$7.02/adult   \$3.51/children	Discovery and Service Centre
	1:00 PM	Looking for Clues	1 hour	Free	Campground Community Centre
	4:00 PM	Those Mysterious Turtles	45 min	Free	Swimming Pool Parking Lot
	8:00 PM*	Twilight Adventure	1 h 15 m	\$5.26/adult   \$2.63/children	Discovery and Service Centre
Monday	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	6:30 PM	Nature Cruise	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
Tuesday	9:30 AM	Bird-watching Tour	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	4:00 PM	Those Mysterious Turtles	45 min	Free	Swimming Pool Parking Lot
Wednesday	10:00 AM	Nature Cruise	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
Thursday	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	4:00 PM	Those Mysterious Turtles	45 min	Free	Swimming Pool Parking Lot
	6:30 PM	Nature Cruise	1 h 30 m	\$14.04/adult   \$7.02/children	Discovery and Service Centre
Friday	1:30 PM	Explore the Bayous	1 h 15 m	\$5.26/adult   \$2.63/children	Campground Landing
	7:00 PM	Visiting the Beavers	45 min	Free	Parking Lot near the Zizanie des Marais Trail

\*STARTING AUGUST 18, THIS ACTIVITY WILL BEGIN AT 7:30 PM.

For all paid events: It is necessary to make reservations the day before, at the Discovery and Service Centre. Prices do not include taxes.

The Parc national de Plaisance, an excellent example of the conservation of fragile and unique areas!

It is now widely recognized that protecting wetlands is important for the health of our planet. The commitment to conservation is of the highest importance to the Parc national de Plaisance. This Park helps preserve a large number of wetlands, distributed across a small territory that is close to both agricultural and urban areas.

A healthy nature park has a lot to offer. Read the next few lines and discover everything that Parc national de Plaisance has in store for you.

The Park at a Glance...

- 65% of the Park's total area is made up of wetlands and open water.
- There are some exceptional forests in different parts of the Park, including a rare forest, and an old-growth forest.
- The rest of the Park is made up of open land, including fallow fields as well as cultivated land.
- More than 500 species of plants, including ten species that are rare or at risk.
- 50% of all animal species found in Quebec.
- 240 bird species.
- 33 fish species.
- 13 species of amphibians and reptiles.
- 20 animal species that are classified as rare or at risk.

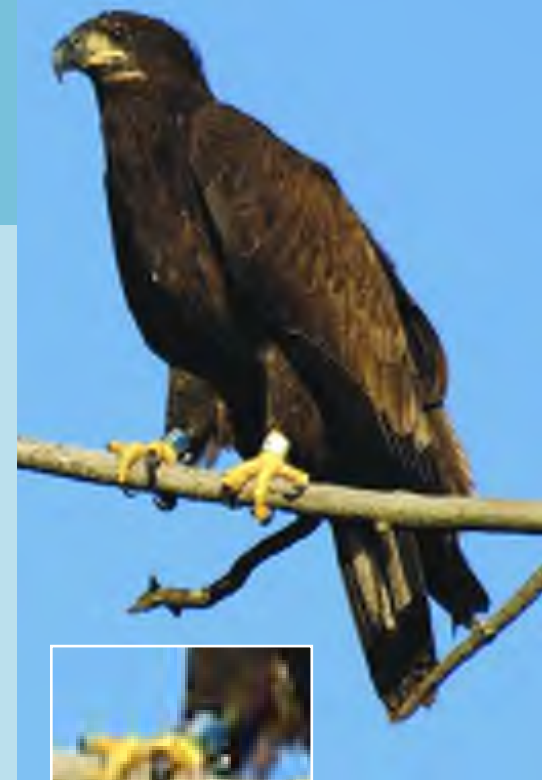
## Article An Important Visitor!

On August 7, 2006, Mr. Jean-Pierre Pellerin had the chance to see and photograph a young Bald Eagle. When he showed us the photo he had taken, we noticed that we could read the code on the identification band the bird had on its right leg: D03. This interesting fact piqued our curiosity.

We sent the information to the Canadian Wildlife Service's Bird Banding Office. We quickly got a response from them. Thanks to the photo, the Service was able to get information that tells the short life story of our bird.

> *The young bird was found near death on June 10, 2006, (in other words not quite two months before he appeared in the Park), in Amherst, New York, near the city of Buffalo. The unfortunate bird had no coordination and was unable to stand on its own two feet.*

> *It was brought to the Amherst Region's Society for the Prevention of Cruelty to Animals (SPCA), where it was cared for for about one month.*



> *Since the bird was quite young and had not learned to hunt yet, on July 7, 2006 the SPCA decided to release it in the Montezuma National Wildlife Refuge, 180 km further east. The SPCA believed that since the refuge is teeming with prey, the bird would quickly hone its skills as a hunter.*

> *One month later, on August 7, 2006, and 300 km away, the young eagle was photographed by Mr. Pellerin in Parc national de Plaisance.*

After the photo was shown to the team at the SPCA, an article appeared in The Buffalo News. In the article, it is clear that the team of people who took in the bird and cared for it feel very proud about how things worked out. It's our guy! That is how SPCA Director Barbara Carr reacted when the identity of the bird was confirmed. She added that the team were misty-eyed as they jumped for joy. For all the members of the team, the photo proved that their rescue operation had been a great success!

## Hiking Trails



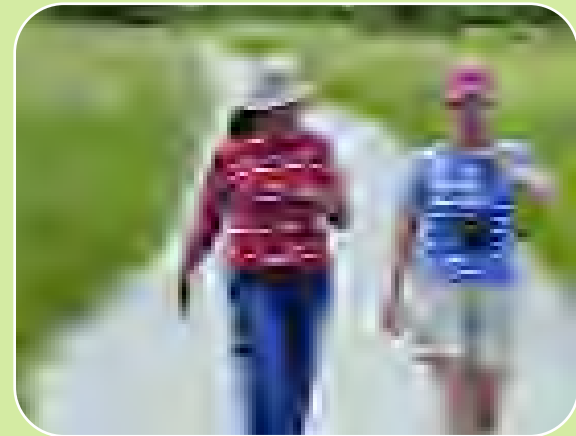
**SUGGESTED HIKING TRAIL**

- La Voltige 1.5 km
- L'Envolée 4.5 km
- La Migration 6.5 km

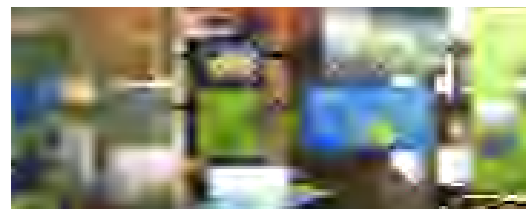
<b>BIKING TRAILS</b>	<b>HIKING TRAILS</b>	<b>OBSERVATION POINTS</b>
① Ernest-Lalande	④ Les Baies	A Le Refuge
② Petite Presqu'île	⑤ La Zizanie des Marais	B Le Jardin d'eau
③ Grande Presqu'île	⑥ Le Carouge	C L'Arbustaie
	⑦ La Sarcelle	D L'Îlot
		E La Hutte
		F La Digue
		G Le Promontoire

**LEGEND**

⊗ Reception and Equipment Rental	P Parking	□ Open Water	▭ Park Boundaries
🏠 Observation Tower	🚤 Boat Ramp	🌿 Wetlands	— Paths
⛺ Camping	🚰 Ferry	🌳 Open Fields	⋯ Hiking Trails
🍷 Picnic Area	🚻 Toilet	🌲 Forests	— Biking and Hiking Trails
		🌿 Preservation Zone for Fragile and Special Areas	⌒ Bridges



1st Prize (Landscape) 2006  
Geneviève Bertrand  
Open water, wetlands, woods, fallow fields... Such a variety of habitats in such a small territory makes the Park an exceptional place where a large number of plant and animals species come to make their home.



Come and see  
our permanent exhibition!

It will give you the chance to discover the whole territory, including its secrets...

**AXEP** MARCHÉ M. MARTIN  
73, rue Papineau  
Plaisance

Le marché  
près de vous! 819-427-6935  
NOUS LIVRONS

**GARAGE**

**Raymond Lalonde**  
A VOTRE SERVICE  
(819) 427-5739  
51, ST-ISIDORE, PLAISANCE, (Québec) J0V 1S0



Équipements de ferme  
**PAPINEAU**

216, rue Principale, Plaisance, (QC) J0V 1S0  
fermepapineau@videotron.ca  
Marcel Carrière - Gérant  
(819) 427-5476 | (819) 427-6217  
Fax : (819) 427-8352

**SONIC** DÉPANNEUR

**STATION SERVICE SONIC**  
228, rue Principale Plaisance  
819-427-6060

# Thurso



The municipality is proud to participate in the development of the greeting centre for the new Thurso Sector.

161, Galipeau, Thurso (Québec) J0X 3B0  
(819) 985-2701 • www.ville.thurso.qc.ca

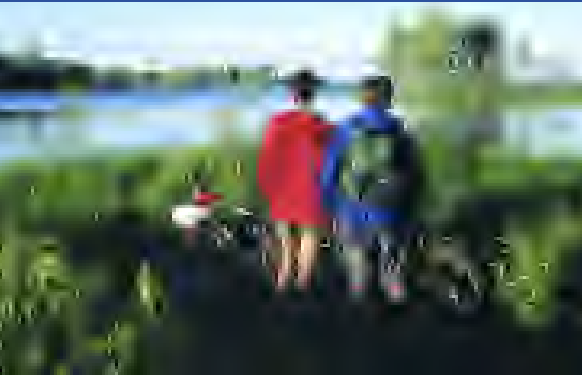


# Plaisance



Our municipality is pleased to contribute to the success of Parc national de Plaisance.

274, rue Desjardins, Plaisance (Québec) J0V 1S0  
(819) 427-5363 • www.ville.plaisance.qc.ca



# Papineauville



We wish you a very enjoyable stay and invite you to come and visit us often.

277, rue Papineau, Papineauville (Québec) J0V 1R0  
(819) 427-5590 • www.mun-papineauville.qc.ca

## PARC NATIONAL DE PLAISANCE



Scale 0 0,5 1 km

### LEGEND

- |                                |             |               |                          |                 |            |                                                 |
|--------------------------------|-------------|---------------|--------------------------|-----------------|------------|-------------------------------------------------|
| Reception and Equipment Rental | Toilet      | Lookout Site  | Swimming Pool            | Park Boundaries | Open Water | Preservation Zone for Fragile and Special Areas |
| Observation Tower              | Picnic Area | Camping       | Community Center         | Paths           | Wetlands   | Open Fields                                     |
| Boat Ramp                      | Parking     | Group Camping | Community Hall           | Hiking Trails   | Forests    |                                                 |
|                                | Ferry       | Cottage       | Biking and Hiking Trails | Bridges         |            |                                                 |
|                                |             |               | Ferry Route              |                 |            |                                                 |

## SECTEUR DES PRESQU'ÎLES



Scale 0 0,5 1 km

# Map of Campground



PRICES FOR ACTIVITIES AND SERVICES - SUMMER 2007	
ACTIVITY OR SERVICE	PRICE (TAXES NOT INCLUDED)
Swimming (Supervised Pool)	Adult: \$4.83   Children: \$2.41
Pontoon Boat (Shuttle)	Adult: One way: \$6.14 / person Return: \$7.90 / person  Children: One way: \$4.39 / person Return: \$6.14 / person  Family: One way: \$16.67 / person Return: \$21.94 / person
Canoe	1 hour: \$12.51 4 hours: \$24.79 All day: \$35.32
Rowboat	1 hour: \$11.63 4 hours: \$23.26 All day: \$33.13
Solo Recreational Kayak	1 hour: \$11.19 4 hours: \$22.38 All day: \$31.81
Tandem Recreational Kayak	1 hour: \$13.60 4 hours: \$26.99 All day: \$38.61
Bike	1 hour: \$9.87 4 hours: \$19.53 All day: \$28.08
Binoculars	All day: \$13.82

PRICES FOR ACCOMMODATION AND CAMPING - SUMMER 2007	
Camping	PRICE (TAXES NOT INCLUDED)
Campsite with two services	\$28.96
Campsite with one service (water)	\$24.57
Campsite without services	\$21.94
Additional Adult	\$4.83
Group Campsite (min. 15 people)	\$4.83 / child under 18 \$5.70 / adult
Parking for extra vehicles	\$7.46 / vehicle / night or \$14.92 / vehicle / stay
Maison Blais	\$256 / night
Yurt	15 feet: \$63 / night / double occupancy 24 feet: \$99 / night / 4 people (\$15 per extra guest)

**Legend**

Washrooms and Showers	Waste Disposal Site	Water Access Ramp
Washrooms	Canoe Landing Site	Maison Blais (rental)
Parking	Pool	Biking and Hiking Trails
Shelters	Landromat	Roads
Water Source	Telephone	
Garbage Container	Picnic Area	

**BUY NATURE**

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

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

**100%**  
recyclable  
reusable  
made in Québec  
ecological  
environmentally friendly

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

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

# Article Poison Ivy

Whether you are a hiker or a camper, there is a chance that you could come across this plant during your visit to the Park. Be careful, because poison ivy, which is quite common in our region, can cause a great deal of discomfort for anyone who comes into contact with it!

- Poison ivy can cause a painful skin irritation as a result of contact with its resin, **urushiol**, which is found in every part of the plant except its pollen.
- Given that the poison provokes an allergic reaction, no symptoms will usually appear after the first contact. Reaction will occur gradually as a result of subsequent contacts, with greater or lesser intensity, depending on the individual.



## Myths about Poison Ivy...

**Someone who is highly allergic will have a reaction simply from being in the vicinity of a plant.**

**False** – Since urushiol is not airborne, and the pollen is the only part of the plant not to contain any resin, direct contact with the toxic oil is required in order to have a reaction. However, the resin can be transferred to shoelaces or a ball that has fallen in the wrong place, and as a result can still come into direct contact with a person's skin.

**Once a person has had poison ivy, the rash will magically reappear every year (or every 3, 5 or 7 years) without ever coming into contact with the plant!**

**False** – This old story is probably due to the fact that very few people can correctly identify poison ivy. As well, the plant's toxic oil can remain active for a very long time on various objects (pants, shoes, berry picking containers, etc.). Finally, a reaction may not occur until 48 hours after contact. As a result, some people may in fact make the exact same mistake year after year and never realize how they are coming into contact with the plant!



**Three Leaves? Stay Away!**  
Learn to recognize poison ivy at a glance: Three short green leaves (leaflets) with a certain shininess, connected by three leafstalks. The middle leaflet is longer than the other two.

## How to Avoid Contact with the Plant?

- Learn to recognize poison ivy and make a point to talk about it with your children. Take part in an activity led by a park warden and ask him or her to identify the plant.
- Follow the rules! We ask all visitors at all times to stay in designated areas (paths and trails, campsites, etc.). Once you get to your site make a point of locating the plant in case a ball or any other object finds itself thrown outside the site.

If you think you have come into contact with poison ivy, wash your hands with **cold water** and **soap**. It takes about ten minutes before urushiol is absorbed into the skin. Any objects you have touched should be washed in **hot water**.

## Too Late?

To control itching, apply a cloth soaked in cold water or with a baking soda solution. Over-the-counter medication can also provide effective relief. Consult a pharmacist. In the event of a severe reaction, or in the case of a fever, consult a doctor.

Given that it is indigenous, aggressive and is found throughout the Park, the plant will always be a factor. However, we will continue to take steps to minimize the possibility of contact with visitors, including:

- Public information messages.
- Using opportunities both on-site at the Park and on the Sépaq (Reservation) website to identify locations in the Park where the plant can be found.
- Ensuring that areas designated for visitors are free of the plant.
- At Parc national d'Oka, there is a study underway to learn more about possible ways of controlling the plant. We will keep you informed about any new developments...

# Conservation...

## It's Everybody's Business!

Parks are the perfect places for people to come and experience nature in all its glory. Following the rules is essential in order to both protect these fragile ecosystems, and enable the high volume of visitors to come and discover these natural wonders.



**Hiking**  
Trails and clearly designated roadways.



**Cycling**  
Bike paths and clearly designated roadways.  
*Bikes are not permitted on the hiking trails.*



**Swimming**  
Campground Pool.  
Check the schedule on the bulletin boards or at the Welcome Areas.



**Water Access Ramp**  
La Petite Nation Landing – Year-round.  
Plaisance Campground Landing and Wharf – Until October 8.  
Thurso Sector Landing – Year-round.  
*Conservation Zones: Coming Alongside Prohibited.*



**Picnic**  
In designated areas.



**Canoeing/kayaking**  
La Petite Nation River  
Ottawa River



**Fishing**  
Subject to Quebec Fishing Regulations (Zone 25).  
*Fishing is prohibited from the hiking trails and bike paths, with the exception of the Baie Noire Trail and the Pont-aux-Outardes, found on the Petite Presqu'île Trail.*



**Berry Picking**  
Picking small berries on the edges of paths and in other designated areas is allowed. Picking mushrooms and all other kinds of plants is prohibited in the Park.



**Camping and Resort**  
In designated areas.  
Reserved exclusively for those holding a guest pass.



**Parking and Driving**  
In designated areas.



**Hunting**



**Trapping**



**Pets**



**Feeding the Animals**



To participate in activities and services offered you are required to have a pass. Furthermore, a guest pass is required for anyone staying overnight in the Park.

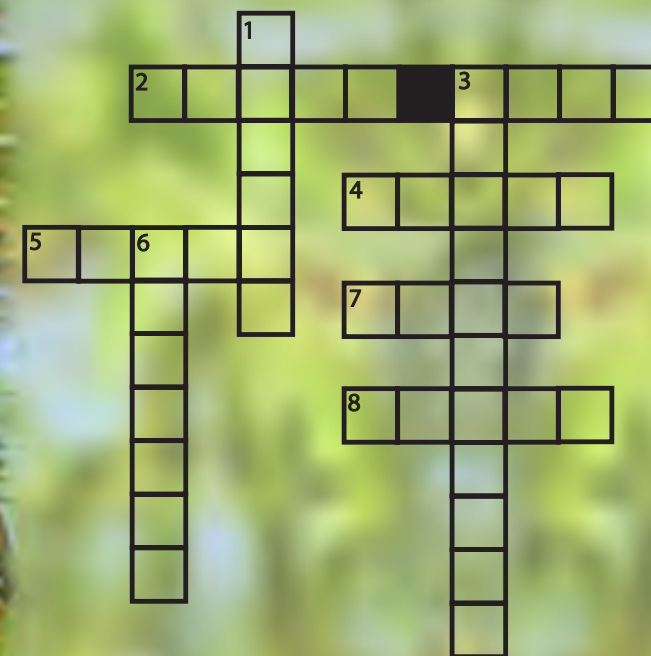
Any person who is transiting through, who is staying over in, or involved in an activity in the Park must adhere to guidelines in this list of activities. In order to pursue an activity other than those mentioned here, a person must have the written permission of the Park Director. Periods when activities take place will depend on weather conditions and the condition of the Park's trails.

## Fun and Games:

### Can You Be an Effective Ambassador for the Park?

For visitors, the best way to help protect the Park is to follow the rules that have been instituted to conserve this special site, which is both very fragile, and is very popular with visitors. Test your knowledge about what to do, and what not to do, during a visit to a protected area like Parc national de Plaisance.

For the answers to the questions in this crossword, or for more information, please feel free to ask one of our Naturalists/Park Wardens at the end of one of our Discovery Activities. They will be pleased to answer all your questions. They can also tell you about the research projects that are conducted every year in the Park in an effort to learn more about the area and improve our ability to protect it.



**1st Prize (Fauna) 2006 – Réjean Tremblay**  
**The Great Egret** - This species can sometimes be seen in the Park, particularly in the spring and at the end of summer. Like many other "surprise" species, this special visitor will help make your day of bird-watching a truly memorable experience.

#### Across

- For the sake of other visitors, and for the safety of the animals living in the Park, these must be left at home.
- When I'm exploring the Park on a hike, I never leave this.
- I am not allowed to catch any living things, including insects and these small amphibians.
- I never gather this near my campsite, even if there is only a small amount and it is already dead.

- I do not make noises to try to attract them.

#### Down

- When I come across one on a hike, or when one is laying eggs, I keep my distance.
- This is the only way you are allowed to capture animals in the Park.
- I do not feed these.



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



Services sanitaires  
**RICHARD LANTHIER**  
(819) 983-2830

**Location de bacs à déchets de toute grandeur**

25, rue Val Quesnel  
St-André-Avellin (Québec)  
JOV 1W0



**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.

# Caution! Turtle Crossing!

Every spring, female Painted Turtles and Snapping Turtles search for a sandy or gravelly place to lay their eggs. The gravel used for roads and trails in the Park is especially popular. That is why, if you are in the Park toward the middle of June, there is a very good chance that you will see one of these interesting reptiles.



## Coming Face to Face... While Driving!

**Preventive driving** is still the best way to avoid running over a turtle, as they are easy to see on a roadway. If you do see a turtle while driving, simply continue on your way, as long as you have enough room to safely get your vehicle around the turtle. Your manoeuvre should convince the turtle to avoid this unwelcoming area.

**Important Notice:** Do not approach a turtle or attempt to force it to cross a path. By respecting this rule you can help avoid a traffic jam, or even an accident! Also, by picking up a turtle, you risk being bitten by the animal, which can lead to serious injuries. If at some point they decide it is necessary, Park employees will help the turtle get across the path. **Thank you for keeping an eye out for the turtles, and for driving safely.**



**Please Note: Catching or trying to catch turtles is prohibited. Breaking this rule is punishable with a fine.**

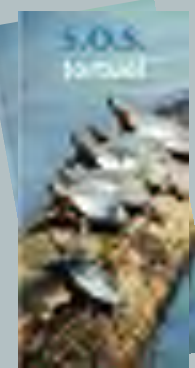
## Coming Face to Face... On Foot!

What should you do if, while hiking, you come across a turtle? **Enjoy watching it from a safe distance.** If the turtle is "in your way", simply go around it, always keeping the greatest possible distance. Do not approach the turtle, so as to avoid causing the animal undue stress that could jeopardize its chance to reproduce.



## If you want to get a closer look or learn more about the various turtle species living in the Park

Take part in one of our Discovery Activities: *Live: Turtle Egg-Laying* and *Those Mysterious Turtles*. You will find a description of these activities and the schedule on pages 2 and 3.



This flyer, which was created by the Park's Conservation and Education Service, looks at the different kinds of turtles living in Quebec, including the three species that have been officially identified here in the Park. It also contains information on the various threats that endanger turtle populations, as well as steps that can be taken to protect them more effectively.

**Please take one!** They are available free of charge at our Welcome Areas!

# All Aboard!

## Get Ready for a Unique Experience! Shuttle Back and Forth on the Oueskarini

This shuttle service enables us to link our two main sectors (The Presqu'iles and Thurso Sectors), as well as giving visitors access to many more kilometres of bike and hiking trails, allowing you to enjoy many new and different natural settings. The boat can accommodate 40 hikers and 40 bikes. The 25-minute crossing is made in the afternoon. It is a daily service from June 23 to September 2, and on weekends only from May 19 to June 16, and from September 8 to October 8.



## Shuttle: Daily Schedule

### Presqu'île Sector

12:00 PM – 2:00 PM – 4:00 PM

Departure from the Discovery and Service Centre.

### Thurso Sector

12:45 PM – 2:45 PM – 4:45 PM

Departure from Dubé Bay 11 km bike ride from the Parking Lot.

It is necessary to make reservations at the Welcome Area in the appropriate Sector (see prices on page 8). Space is limited. You can also enjoy a Guided Cruise on the Oueskarini. See Cruise options on page 2.

## 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)



## Au Fil des Ans

228 Duquette, Papineauville (Montebello)  
Québec, J0V 1R0

Tél : (819) 427-5167 ou 1 800 361-0271

[gite.aufildesans@videotron.ca](mailto:gite.aufildesans@videotron.ca) • [www.aufildesans.com](http://www.aufildesans.com)

## CELEBRATING CYCLING ON THE ROUTE VERTE BIKEWAY

Biking across Québec from north to south, east to west—the dream is about to come true with the official opening of the Route verte bikeway in 2007! This over 4,000-kilometre-long bike route is the longest in North America, linking 16 of Québec's regions and passing through over 320 municipalities.

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

Numerous events are being planned in all regions for the official opening of the Route verte bikeway on August 10, 2007. Look for the program at [www.routeverte.com](http://www.routeverte.com).



ROUTE VERTE IS AN ORIGINAL IDEA BY VÉLO QUÉBEC, CARRIED OUT JOINTLY WITH THE QUÉBEC GOVERNMENT, MINISTÈRE DES TRANSPORTS, AND CLOSE TO A THOUSAND REGIONAL PARTNERS.

## TIGRE GÉANT

### Your Family Saving Store

Business hours: Monday to Friday from 9 AM to 9 PM  
Saturday and Sunday from 9 AM to 5 PM

144, Papineau, Papineauville, QC, J0V 1R0

