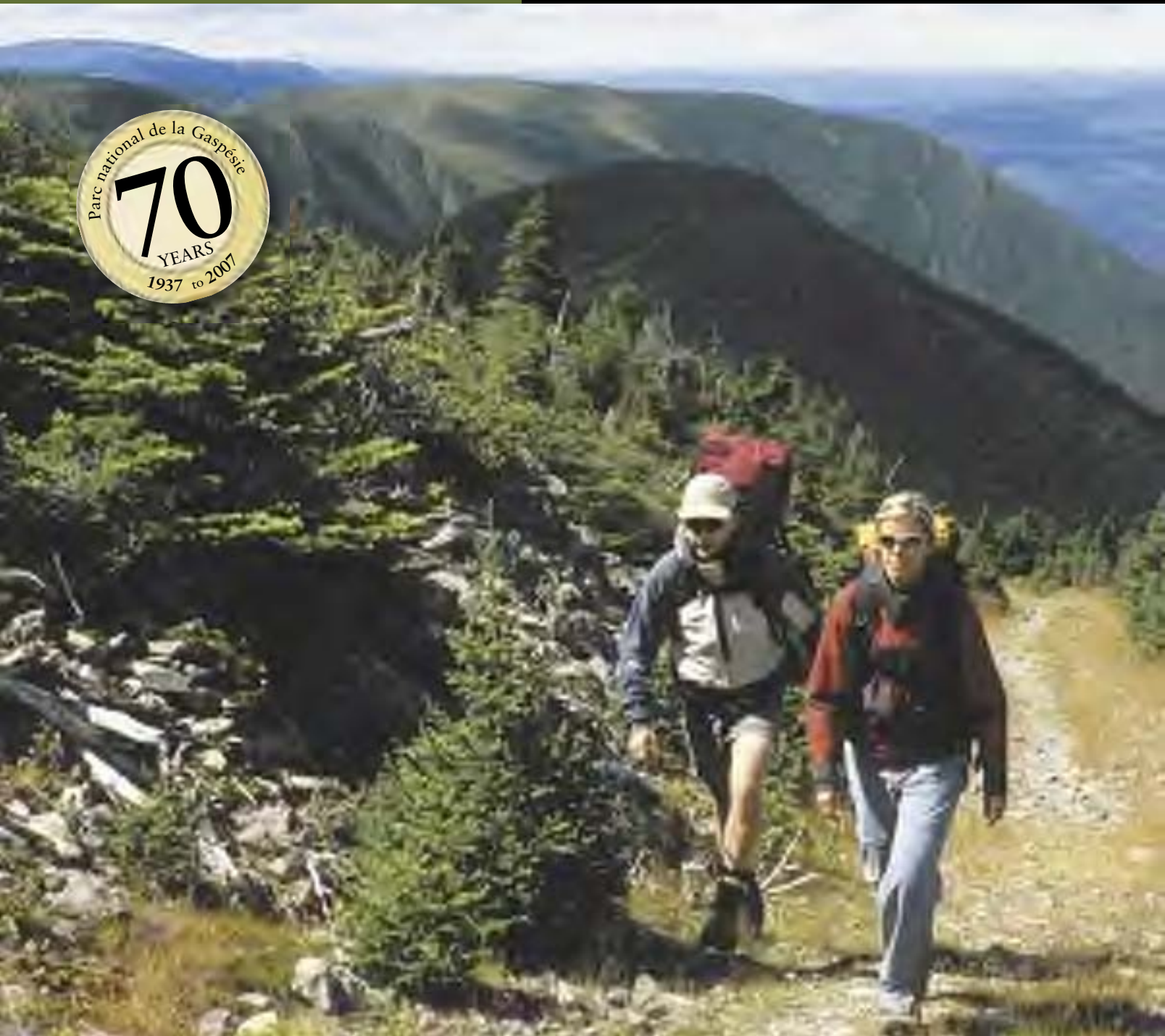


Park Journal



PARC NATIONAL de la Gaspésie

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!

Parc national de la Gaspésie



70 years of conservancy

This year, Parc national de la Gaspésie is celebrating its 70th anniversary. The act legally constituting the park was adopted on April 14, 1937. At the time, the legislator had four goals in mind: protect the panoramic views from Mont Albert and the Tabletop Mountains (now called the McGerrigles), conserve the salmon in Rivière Sainte-Anne, protect the caribou and develop tourism by building an hotel in the park. Within months, the territory was being explored, the first buildings at the foot of Mont Albert had been built, and even the foundations of the future hotel, Gîte du Mont-Albert, had been laid down.

However, a change of government and the outbreak of World War II curbed conservation efforts and the park was gradually opened to forestry and mining. By the late 1940s, work resumed and in 1950, the Gîte du Mont-Albert opened its doors to visitors. A few hiking trails were laid out, but at that time most people came for the fishing.

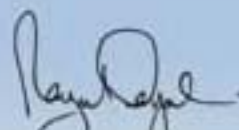
In 1981, in the wake of public consultations, park territory was redrawn and Parc national de la Gaspésie became what it is today. Although it is physically smaller, protection levels were heightened and a more modern approach was taken to address conservation concerns, with an emphasis on ecosystems and threatened species.


The park first offered visitors nature interpretation programming in 1977. From a very modest beginning, our activities have developed to the point where we are now able to offer something for most of our visitors and we have a variety of informative activities that focus on the most characteristic aspects of nature in the mountains of the Gaspé Peninsula.

Backed by our seventy years of existence and over thirty years experience in raising public awareness about protecting of the environment, Parc national de la Gaspésie is proud of its pioneering role in a movement that is now a priority for so many citizens of the world.

We wish you a pleasant stay and hope your time here becomes an opportunity to discover the beauties and secrets of Parc national de la Gaspésie.

François Boulanger
Park director


Raymond Desjardins
Vice-president of Operations
Parcs Québec


Yvan Bilodeau
President and CEO
Sépaq

Discover our regional parks



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CONTACT INFORMATION

For information or reservations, call
1-800-665-6527 or 1-866-727-2427
Or go directly to the Discovery and Visitor
Services Centre located in the Mont-Albert
sector.

In case of an emergency, call 911

Don't hesitate to consult our new Web site
at www.parcquebec.com for more informa-
tion about Quebec park network.

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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.



Mont Albert



Pic de l'Aube

Regulations

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.



Lac aux Américains



Mont Albert

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, and click on the *Conservation Mission* tab.

To find out more about *Leave No Trace*, go to www.aventure-ecotourisme.qc.ca, choose English, then click on the *Leave No Trace* tab.

Anyone who uses the park must:

- Have an access pass;
- Have a permit to stay in the park between 10 pm and 7 am;
- Have a park fishing permit to practice this activity;
- Show these documents to park staff who ask for them;
- Use only marked roads and trails;
- Engage only in offered activities at the specified places and times; and
- Dispose of waste in containers designated for this purpose.

Entrance fees

All income from entrance fees is reinvested in the parks in order to allow them to pursue their conservation mission and improve Québec's park network. Therefore, this measure is important not only for people who come here today but also for future visitors.

ENTRANCE FEES			
Persons, categories or groups	Day pass 1 park	Annual pass 1 park	Annual pass All parks
1 adult, 18 years of age and over	\$3.50	\$16.50	\$30
1 child, 6 to 17 years of age	\$1.50	\$7.50	\$15
1 child, 5 years of age and under	Free	Free	Free
1 adult, 18 years of age accompanied by children between the ages of 6 and 17	\$5	\$25	\$45
2 adults, 18 years of age accompanied by children between the ages of 6 and 17	\$7	\$35	\$70
Organised groups of adults, 18 years of age and over	\$3 per person	Not applicable	Not applicable
Organised groups of young people or school groups: Children between the ages of 0 and 17 and the adults, 18 years of age and over, who accompany the children	Free	Free	Free

Furthermore, it is prohibited to:

- Damage, introduce or remove any natural element;
- Kill, catch, wound, molest, harass, feed or tame an animal;
- Bring animals into the park (except guide dogs); and
- Camp outside designated sites.

You can do your part to protect the natural environment by respecting the regulations!



Mont Jacques-Cartier

Under the stars or at a 4-star inn!

Information and reservations at the Discovery and Visitor Centre

Backcountry camp sites

Accessible on foot for long-distance hikers (or by canoe for canoe camping), these secluded sites guarantee intimacy in a remarkable unspoiled wilderness setting. Self-supporting tents can be set up on wooden platforms. There is a pit toilet nearby at each site. Campfires are prohibited.

Serviced campgrounds

Located in wooded areas, all sites can be reached by car. Campers have access to a sanitary building. The park's four campgrounds together hold 212 sites. The La Rivière campground now has 13 sites with electrical service.

Huts

Huts are shared facilities. Visitors can book accommodation for one or more people or for one or more groups. Each hut is equipped with a wood stove, table, chairs, kitchen counter and beds with mattresses. There are huts at the campgrounds and several are also available to long-distance hikers along the trails.

Lac-Cascapédia Cabins

Located on the lakeside, these cabins promise a comfortable and peaceful stay. The lighting, stove and refrigerator run on propane. Dishes are provided but not bedding.

Information and reservations at the Gîte du Mont-Albert

La Rivière cabins

These cabins for two with kitchenettes are located at the La Rivière campground. Let the sound of the rapids on Rivière Sainte-Anne serenade you to sleep.

Gîte du Mont-Albert inn

Rated four stars, the inn is reputed for its fine cuisine featuring regional products. Advantageous packages are available. A splendid combination of comfort and the great outdoors!

Gîte du Mont-Albert cabins

There are now twenty cabins in the forest surrounding the inn. Separated from each other by trees, each has its own unique atmosphere. Bedding is provided and most have fully-equipped kitchens.

Discovery and Visitor Centre

You'll find everything you need here! Whether you want to book a camp site or hut, plan and prepare for your excursions or use our outdoor equipment rental services, you can count on us.

The Centre is also where you can begin to discover the park by:

- Visiting the thematic exhibit "*A sea of mountains in the heart of the Gaspé Peninsula*";
- Participating in discovery activities and talks; or
- Consulting field guides and specialised documents made available to visitors.

At the centre, you will also find:

- A Nature gift shop with regional handicrafts and a convenience store;
- An outdoor equipment rental service where you can rent appropriate footwear and equipment;
- Shower facilities because there's nothing like a good shower after a long hike;
- Laundry facilities, so convenient when you're on the road; and
- Parcel storage facilities where you can safely leave behind small or large objects you can't take along up the mountain.

Another attraction at the Discovery and Visitor Centre is the *Le Piedmont* bistro where you can admire the imposing Mont Albert while enjoying the pleasures of the table. Choose from the daily menu, ask to have a lunch box prepared or simply have a drink with friends on the terrace.

The Gîte du Mont-Albert bar and dining room

Whether you just want to enjoy an espresso while sitting by the fireside or spend the evening savouring its renowned table d'hôte fare, Gîte du Mont-Albert welcomes all park visitors. Come on in! We're expecting you!

You will need several days to take full advantage of the variety of activities and the natural environment in Parc national de la Gaspésie. Here is a description of our different accommodations. For more information or to book on-line, consult our Web site at www.parcquebec.com



Cabins, tepees, dormitories, campsites, spa, sea kayak, Ruisseau-Castor Canyon, private beach, bar, yurt, accommodations starting at \$18.50 per person.
Highway 132, 14 km east of Sainte-Anne-des-Monts 418 763-2999 or 1 866 963-2999 www.aubergefestive.com

Visit our pharmacy and discover a wide array of **Dans un Jardin** products for men, women and children. Take advantage of the products available at Familiprix and, in addition, get personalized services.

The book "*Santé la Gaspésie*". To learn about the **benefits of omega 3's of marine origin**.

Familiprix Maryse Lepage
 11, boul. Sainte-Anne Est
 Sainte-Anne-des-Monts
 (Québec) G4V 1M4
 Tél. : 418 763-7848



Discovery activities (in French only)

Experience the Far North

Join the park warden-naturalist on the alpine tundra of Québec's second highest mountain - Mont Jacques-Cartier. Discover an environment similar to the vast expanse of Québec's Far North. We guarantee unforgettable moments in a real change of scenery!

A land of contrasts

The Mont Albert plateau is an exceptional and precious oasis in the heart of the immense boreal forest of the Gaspesian massif. Accompanied by a park warden-naturalist, you will discover a singular environment that exists nowhere else in the world and learn to understand the origin, beauty and uniqueness of these extraordinary surroundings.

Treasures to cherish

In 1937, no-one imagined that Parc national de la Gaspésie harboured so many phenomena and species, as rare and precious as... the apple of your eye. During this activity, a park warden-naturalist will show you many of the park's rare and unique elements. So this is an ideal opportunity to learn while having a good time.

Summit meetings

It is one of the reasons why Parc national de la Gaspésie exists. It is one of the finest examples of the region's specificity. It is endangered. You will learn about the Gaspésie caribou population and its secrets. Come and discover this ambassador, this ally with a precarious destiny.

Tiny titans

This theatrical activity for young people of all ages will introduce you to the main inhabitants of the alpine tundra of the Gaspesian massif. These tiny actors will reveal their secrets and help you understand why they stay and thrive where almost no-one or nothing can survive. Maybe you can even give them a hand.

Mountain revelations

Some days are less favourable for wild-life observation, but on any day you can take a closer look at the rocks that make up the spectacular landscape of Parc national de la Gaspésie. So come and discover where, when, how and why the Chic-Chocs and the McGerrigles have become what they are today.

Changing times, changing values

Natural resources have always been the main reason why humans occupy the Gaspé Peninsula. From the first occupants to today's visitors, a number of people have left their mark on Parc national de la Gaspésie and during this activity, they take turns telling their stories.

Adventures on a sea of mountains

All aboard for a cruise through some of the highest mountains in eastern North America! A hiker tells you about his adventures and discoveries while sharing some tips to help you make the most of your own hikes.

Go with the flow

Are you getting tired of walking? Give your legs a rest and use your arms to see the park from another perspective. Come for a canoe trip on the largest lake in the park. Drift away beyond what you can see, look deep beneath

the surface of things. Where does all this water come from and where does it go? What's so special about this forest?

Beneath a starry sky

This is your chance to discover the park and its inhabitants at the best time of day. At dusk, as the wind drops and night falls, why not take to the water in a row boat in the company of an experienced park warden-naturalist to enjoy this unique time of the day.

In the land of the Chic-Chocs

Listen in on the tales and adventures of legendary Prospère Pelletier, and you will learn more about this wild and rugged land. His stories will take you to the heart of the mountains where you will experience thrilling emotions. You might want to bring a cup with you... just in case there is a little something hot on hand to warm your insides.

The valley of the Kings

Boreal forest blankets most of Parc national de la Gaspésie. This dynamic and diversified ecosystem is the typical habitat of the world's largest cervid: his Majesty, the Moose. Accompanied by a park warden-naturalist, you will find out why Parc national de la Gaspésie holds one of the highest moose densities in Quebec and even, North America. While discovering one part of the moose's kingdom, you might even be lucky enough to encounter one.



Discovery activities

June 23 to August 27, 2007						
DAY	TIME	ACTIVITY	TYPE OF ACTIVITY	DURATION	FEE	MEETING PLACE
Daily	12 pm & 1:30 pm	*A land of contrasts	Discovery hike	1 hour	Free	"Les Rabougris" shelter, Mont Albert
Daily	12 pm & 1:30 pm	*Experience the Far North	Discovery hike	1 hour	Free	"Éole" shelter, Mont Jacques-Cartier
Monday	8 pm	Mountain revelations	Talk	1 hour 15 min.	Free	Discovery and Visitor Centre
Tuesday	8 pm	Adventures on a sea of mountains	Talk	1 hour	Free	Discovery and Visitor Centre
Wednesday	8 pm	Summit meetings	Talk	1 hour 15 min.	Free	Discovery and Visitor Centre
Thursday	8 pm	Treasures to cherish	Talk	1 hour 15 min.	Free	Discovery and Visitor Centre
Friday	8 pm	Tiny titans	Talk (theatre)	40 min.	Free	Discovery and Visitor Centre
Saturday	8 pm	Changing times, changing values	Talk (theatre)	1 hour	Free	Discovery and Visitor Centre
Sunday	8 pm	Summit meetings	Talk	1 hour 15 min.	Free	Discovery and Visitor Centre

July 14 to August 19, 2007						
Tuesday & Saturday	8 pm	In the land of the Chic-Chocs	Talk	1 hour	Free	Lac Cascapédia
Tuesday & Saturday	3 pm	**Go with the flow	Canoe trip	1 hour	\$11.85 adults \$5.93 children	Lac Cascapédia
Tuesday & Saturday	8:15 pm in July 7:30 pm in August	**Beneath the starry sky	Boating trip (rowboat)	1 hour 30 min.	\$11.85 adults \$5.93 children	Lac Cascapédia

September 1 to September 30, 2007						
Saturday & Sunday	12 pm & 1:30 pm	*A land of contrasts	Discovery hike	1 hour	Free	"Les Rabougris" shelter, Mont Albert
Saturday & Sunday	12 pm & 1:30 pm	*Experience the Far North	Discovery hike	1 hour	Free	"Éole" shelter, Mont Jacques-Cartier

September 5 to October 10, 2007						
Wednesday	3 hours before sunset	**The valley of the Kings	Discovery activity about the moose and its habitat	3 hours	**\$21.94 adults \$10.97 children 12 and under	Discovery and Visitor Centre

*There is a park warden naturalist available at the summit to talk with you from 11 am to 3 pm.

**Reservation required

June 23; September 1, 2; October 6, 7, 2007	Special activities will be held on these dates to celebrate the 70th anniversary of the creation of Parc national de la Gaspésie and the 30th anniversary of the park's official nature interpretation programming. Check the bulletin boards or ask at the Visitor Centre for more information.
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Permanent exhibit					
ACTIVITY	DATES	DURATION	FEE	MEETING PLACE	
A sea of mountains in the heart of the Gaspé Peninsula	May 20 to Oct. 15 Dec. 23 to April 16	30 min.	Free	Discovery and Visitor Centre	

Network School program					
CLIENTELE	ACTIVITY	DATES	DURATION	FEE	MEETING PLACE
2nd cycle primary school	Nature stories	Sept. 4 to Oct. 5	5 hours	Accompanied by a teacher: free Accompanied by a park warden: \$120/day/class	Discovery and Visitor Centre
3rd cycle primary school	A gem of a park				

Park school program					
LEVEL	ACTIVITY	DATES	DURATION	FEE	MEETING PLACE
All levels	Adapted according to level and needs	June 4 to June 22 Sept. 4 to Oct. 5	Variable	According to the length of the activity	Discovery and Visitor Centre

Mont Jacques-Cartier: An excursion in a protected area

Hiking

Mont Jacques-Cartier is the second highest summit in Quebec after Mont d'Iberville, in the Torngats. It is an essential habitat in the vital domain of the Gaspésie caribou and the best place to observe this mammal.

It has now been recognised that the presence of hikers in the caribou's habitat creates an impact. The extent of this impact is hard to assess but everyone agrees that wildlife observation must not disturb the species involved. To know more about caribou, turn to page 16.



Mont Jacques-Cartier

The trail

The trail is composed exclusively of rocks. We strongly recommend you wear hiking boots. One third of the route crosses bare land: there are no trees, nothing to protect you from the often adverse weather conditions. Ask park staff for advice when planning your excursion.

Turn to page 11 for a description of the trail.

Public transit to the trailhead

(You cannot use your own vehicle to reach the trailhead.)

Every day, a bus leaves the Discovery and Visitor Services Centre to provide a shuttle service between the Mont Jacques-Cartier campground and the trailhead. The service is offered on a round-trip basis.

June 24 to September 30					
	DEPARTURE	ARRIVAL	DEPARTURE TIMES	RETURN TIMES	FARE
Bus	Discovery and Visitor Centre	Trailhead	9 am	4 pm	Adults: \$12.72 Children: \$9.65 Families: \$35.10
Shuttle	Mont Jacques-Cartier campground	Trailhead	10 am 10:30 am 11 am 11:30 am 12 pm	2:15 pm 3 pm 3:30 pm 4 pm	Adults: \$5.48 Children: \$4.17 Families: \$15.14
Public transit	Tourist bureau in Sainte-Anne-des-Monts	Discovery and Visitor Centre	8 am	4:45 pm	Adults: \$5.48 Children: \$4.17 Families: \$15.14

The following rules govern access to Mont Jacques-Cartier:

- Remain on marked trails.
- Hiking on Mont Jacques-Cartier is authorised only from June 24 to September 30.
- Hiking on Mont Jacques-Cartier is authorised only between 10 am and 4 pm.
- Departures are not permitted after noon.
- The return trip must be completed during the abovementioned times.

A park warden makes sure these rules are respected; ask him or her to find out when you should head back down the mountain.

Anything from a 30-minute walk to a 10-day expedition, Parc national de la Gaspésie has a wide choice of trails for you. The many opportunities for day hikes are described in the following table. Get a copy of the topographic map of the park or visit our Web site to find out about the itineraries for backpacking trips with overnight stays in a hut or your own tent.



Mont Ernest-Laforce

DESTINATION	DIFFICULTY	LENGTH (KM)	VERTICAL DROP (M)	DURATION	TYPE	2007 SEASON
Departure from Visitor Centre						
La chute Sainte-Anne	▲	1.6	low	30 min.	round trip	May 1 to Nov. 30
La Lucarne	▲	1.9	low	1 hour	loop	May 1 to Nov. 30
La Saillie	▲▲	3.2	150	1 hour 30min.	round trip	May 1 to Nov. 30
La chute du Diable	▲▲	7	200	3 hours	round trip	May 1 to Nov. 30
La Serpentine	▲▲▲	12.5	300	4 hours	round trip	June 9 to Sept. 30
Le mont Albert (La Montée)	▲▲▲	11.4	800	5 hours	round trip	June 9 to Sept. 30
Le tour du mont Albert	▲▲▲▲	17.2	800	6 - 8 hours	loop	June 9 to Sept. 30
Departure from the McGerrigles sector (route 16)						
Le lac aux Américains	▲	2.6	low	1 hour 30min	round trip	May 12 to Nov. 4
Le mont Ernest-Laforce	▲▲	4.5	150	2 hours	loop	May 12 to Nov. 4
Le mont Jacques-Cartier (p.10)	▲▲▲	8.2	450	4 - 5 hours	round trip	June to Sept. 30
Le mont Xalibu	▲▲▲	10.7	540	5 - 6 hours	round trip	June to Sept. 30
Le mont Joseph-Fortin	▲▲▲	10	480	4 hours	round trip	May 12 to Nov. 4
Le mont Richardson	▲▲▲	16	600	6 hours	round trip	May 12 to Nov. 4
Departure from Lac Cascapédia						
Le pic du Brûlé	▲▲▲	13.2	330	5 hours	loop	June 9 to Oct. 8
Departure from Ruisseau Isabelle parking lot						
Le mont Olivine	▲▲▲	8	350	4 hours	round trip	May 19 to Nov. 30

- ▲ Easy: Low altitude gain, short distance, no particular equipment required
- ▲▲ Intermediate: Moderate altitude gain or long distance, no special equipment required
- ▲▲▲ Difficult: High altitude gain, route through mountainous terrain, preparation required
- ▲▲▲▲ Very difficult: Very high altitude gain, technically difficult route through mountainous terrain, preparation and good physical condition required

Trail opening and closing dates are established by regulation. However, certain trails may open later than planned or be temporarily closed. We recommend you contact park staff to get an update on trail conditions at the beginning and near the end of the season.

To protect the natural environment and for your own safety, it is prohibited to use a trail that is closed.

Full of life!

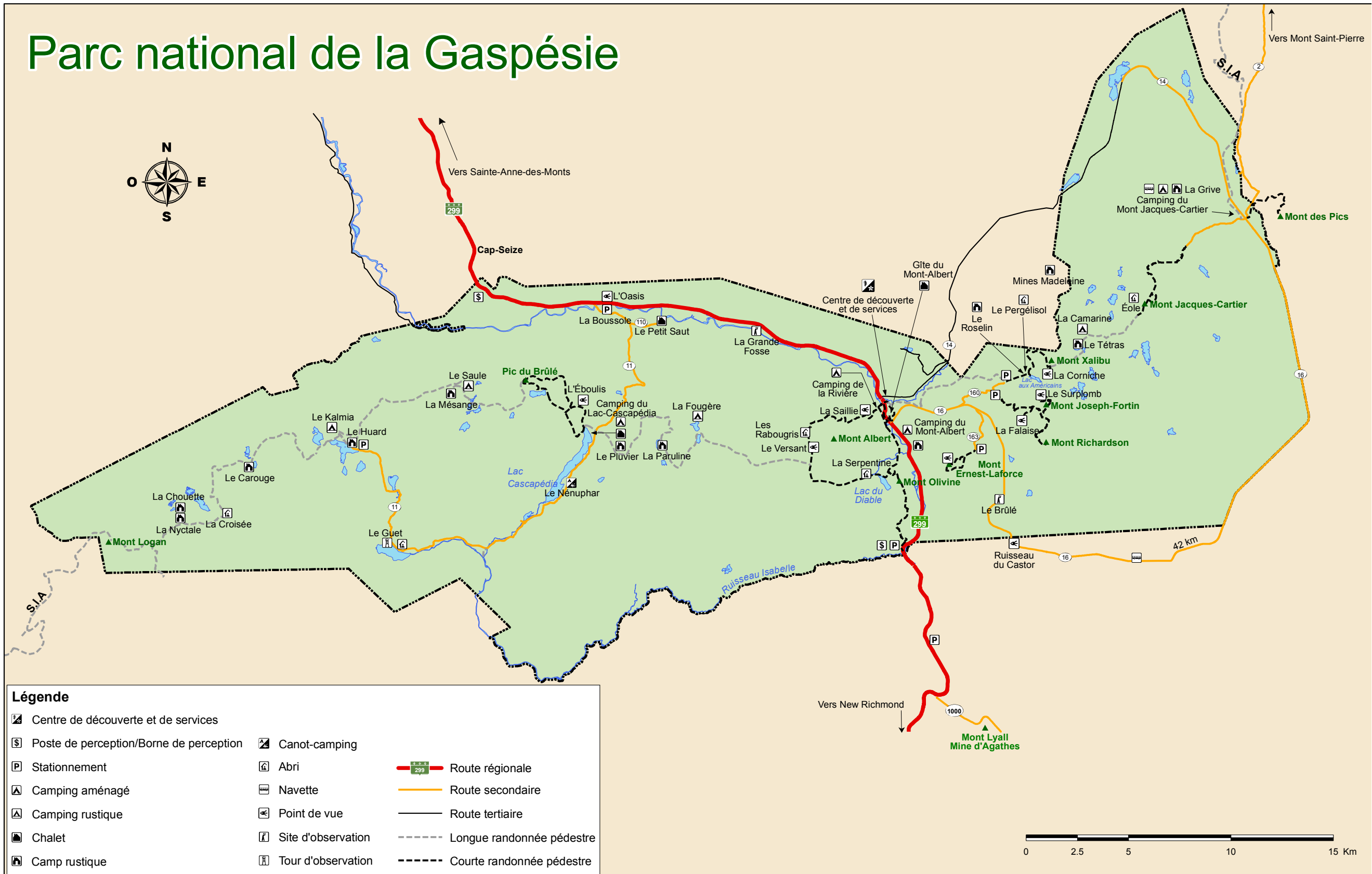
The Bioparc: Come explore the wilderness of the Gaspésie region!

Bonaventure

1-866-534-1997 · www.bioparc.ca



General map (summer)





The moose of the Chic-Chocs



Parc national de la Gaspésie has a reputation as an excellent place for viewing moose. Over the years, many visitors have come to the Lac Paul and Mont Ernest-Laforce sectors specifically to see the world's largest cervid.

Studies have shown that in some sectors of the park, moose densities are around 20 individuals per 10 km². It is now acknowledged that this is the largest moose density that the Gaspesian forest can support. Beyond this threshold, browsing by foraging moose degrades the habitat to the point where it causes the moose population to decline.

Because they often hold forest stands of various ages, boreal forests are extremely diverse environments. Logging, forest fires, insect epidemics and windfall all play a role in the dynamics of the boreal forest. Moose consume several kilograms of vegetation per day, significantly impacting portions of the regenerating forest, which is from 5 to 15 years old.

Moose are very well-adapted to the ecology and environmental conditions of the boreal forest. The principle factor limiting their population growth in Québec is hunting. In the park, a mosaic of habits of varied ages and compositions provides moose with food and shelter. Moreover, hunting is prohibited in the park, which encourages high moose density, making it relatively easy to see moose in their natural habitat.

Parcs Québec has developed a code of ethics for the observation of wildlife in Québec's national parks. This code emphasises that it is important not to interfere with the animals' activities, to respect the wild, untamed nature of the animals and their habitats and to be considerate of other observers. The code also emphasises the importance of respecting the visitors who come after you, so that they may also view interesting and memorable wildlife. In this perspective, the code forbids

all forms of feeding or calling animals and encourages observing them in a manner that is respectful of them and their environments by establishing when, how often and how long they can be observed. For example, a moose discovery activity must not take place more than three times a week at the same location and never on consecutive days. The number of participants should not exceed 15 people and viewing should take place at a distance of at least 50 metres. There are obvious variations to these guidelines depending on the type of activity, season, time of day, species, etc. Finally, to make wildlife observation as satisfying and enriching as possible, observers must abide by the principles of respect for the animals, their habitats and other users.

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.

Mount Lyall agates mine

Road 299 (Parc National de la Gaspésie) - JCT Murdochville
58 km from Sainte-Anne-des-Monts and 80 km from New-Richmond

- In an open mine, become prospector and pick-up your own geode containing semi-precious stones.
- Daily from June 9 to september 30, 2007
- Mineral/gift shop, mineral exposition, picnic area, vast parking

Photo: J.-P. Huard

(418) 786-2374 • www.mont-lyall.com

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The Gaspésie Caribou

The great crossing



Lac Cascapédia

Caribou and humans have maintained a tightly woven relationship for thousands of years. In northern Mongolia, for instance, the Tsatan tribes have raised reindeer for over 3000 years. All caribou of the world, from Santa's reindeer to the Gaspésie caribou, are members of the same species: *Rangifer tarandus*. This species has nine subspecies, two of which are now extinct. Of the seven surviving subspecies, four live in North America and three in Eurasia. These subspecies live in different regions and each has its own characteristics. For example, not all caribou are migratory.

Rangifer tarandus caribou, the Woodland Caribou, is the only caribou subspecies found in Québec. Because woodland caribou occupy different ecosystems that are relatively far from each other, the distance separating woodland caribou populations in Québec has led to isolation and the appearance of small genetic differences. Due to these differences, woodland caribou in Québec have been subdivided into three ecotypes: tundra, forest and montane. The Gaspésie caribou are montane ecotype caribou.

Like in Mongolia, humans and caribou in the Gaspé Peninsula also have close ties. Although caribou were never domesticated here, the Aborigines hunted it for its meat and made clothing from its skin, tools from its

bone, fuel from its fat and snowshoes from its rawhide. Caribou also fed the families of many colonists and were hunted for sport by the wealthy holders of exclusive hunting and fishing rights in the region. By the way, there are more than 175 place-names in Québec named after the caribou: Lac du Caribou, Cirque des Caribous, etc.

Today, the Gaspésie caribou population is no longer a source of subsistence; instead, it plays a socio-economic role in the region as a major component of biodiversity. It is closely associated with Parc national de la Gaspésie and the Chic-Chocs. Unfortunately,

the genetically distinct relic population of Gaspésie caribou is now endangered. The relationship and ties that have bound it to humans have evolved tremendously over time, but remain strong today. This noble animal once fed us and made it possible for us to occupy the land. Now, whenever we encounter a caribou, it makes us realise how important it is to maintain a respectful relationship with our environment. Its contribution to humanity is still priceless. It is, therefore, normal and crucial for us all to do our part in saving it.



Parc national de la Gaspésie is well-known for its hiking. Several of our trails run through mountainous terrain offer challenging sections that hikers take on with pride, but the best way to challenge yourself is without doubt by taking a long-distance hike. Whether you stay in huts or camp, several-day expeditions are a unique way to discover the backcountry. In fact, some sections of the park are accessible only by backpacking. The trail that traverses the park from east to west is part of the International Appalachian Trail, an extension of the celebrated American Appalachian Trail.

Proper preparation is essential to the success of any expedition of this kind: What to bring? What to eat? How to dress? When leaving for a few days, it is more necessary than ever to be prepared for all possible weather conditions. In the summer, fog, wind, rain and heat are all aspects of the climate in the mountains of the Gaspé Peninsula. Backcountry hiking is the ultimate way to discover what mountains are really like!

If this challenge interests you, our staff will be happy to give you advice, or you can visit our Web site at www.parcsquebec.com. Look for the *summer activities* section of the Parc national de la Gaspésie page. Step up to the challenge of backpacking in the Chic-Chocs!



Pic de l'Aube

Pic du Brûlé



This cute little guy is part of your family tree

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Ski or snowshoe expeditions?

General map (winter)



So you enjoyed your summer experience in Parc national de la Gaspésie? Then why not try an excursion during the winter season for a stay... of a quite different nature!

Who wouldn't be thrilled by a trip up Mont Olivine? Or a ski excursion to Lac aux Américains? The Mont Hog's Back, Mont Blanche-Lamontagne and the Champs de Mars trails in the Chic-Chocs wildlife reserve are extensions of our trail network. You can do glide sports like telemarking in the snowfields.

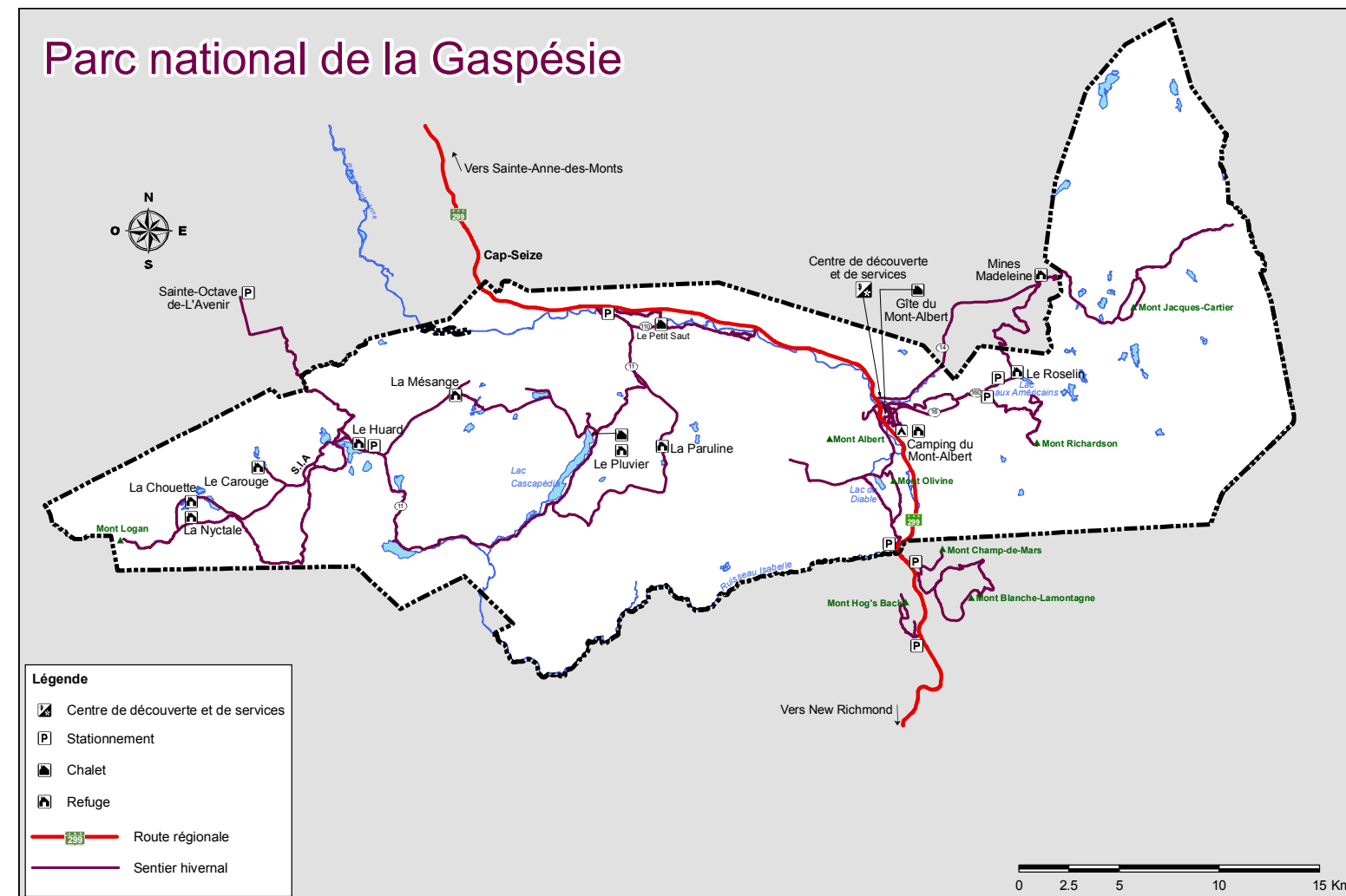
However, inside the park you must stay on the authorised snowfields, such as the Mur des Patrouilleurs and the Grande Cuve. Going outside these zones or off the trails is prohibited.

Winter activities are authorised from December 1 to April 30 (in French only)

DESTINATION	DEPARTURE POINT	DIFFICULTY	LENGTH (KM)	VERTICAL DROP (M)	DURATION	TYPE
Snowshoeing						
La chute Sainte-Anne	DVC	▲	1.6	low	30 min.	round trip
La Lucarne	DVC	▲	1.9	low	45 min.	boucle
La Saillie	DVC	▲▲	3.2	150	1:30	round trip
La chute du Diable	DVC	▲▲▲	9	200	3 hours	round trip
La Serpentine	Ruis. Isabelle	▲▲▲	10	low	3 hours	round trip
La Serpentine	DVC	▲▲▲▲	12.2	300	5 hours	round trip
Le mont Olivine	Ruis. Isabelle	▲▲▲	8	400	4 hours	round trip
Le mont Olivine	DVC	▲▲▲▲	12	450	6 hours	round trip
Le lac aux Américains	DVC	▲▲▲▲	16	350	5 hours	round trip
Le champs de Mars	Rés. f. Chic-Chocs	▲▲▲	5.2	330	2:30	round trip
Le mont Hog's Back	Rés. f. Chic-Chocs	▲▲▲	6	350	3:30	round trip
Nordic skiing						
Le Petit-Saut	Intersection of Hwy. 11 & 299	▲	8	low	2:30	loop
La Grande Fosse	Intersection of Hwy. 11 & 299	▲▲	19	low	5:30	round trip
La Serpentine	Ruis. Isabelle	▲▲	10	250	3 hours	round trip
La Grande Cuve	Ruis. Isabelle	▲▲▲	16.2	300	5:30	round trip
Le lac aux Américains	DVC	▲▲▲	18	350	5 hours	loop
Le mont Blanche-Lamontagne	Rés. f. Chic-Chocs	▲▲▲▲	16	650	6 hours	loop
Glide sports						
Le champs de Mars	Rés. f. Chic-Chocs	▲▲▲▲	5.2	330	2:30	round trip
Le mont Hog's Back	Rés. f. Chic-Chocs	▲▲▲▲	6	350	3:30	round trip
Le mur des Patrouilleurs	Ruis. Isabelle	▲▲▲▲	10	650	4 hours	round trip
La Grande Cuve	Ruis. Isabelle	▲▲▲▲	16.2	300	5:30	round trip
Cross-country skiing (groomed trails)						
Le camping	DVC (blue trail)	▲	4.5	low	1 hour	round trip
Les Fourches	DVC (green trail)	▲	4.5	low	1:30	loop
Le ruisseau du Portage	DVC (red trail)	▲▲	10	250	3 hours	loop

DVC = Discover and Visitor Centre

- ▲ Easy: Short distance and low altitude gain.
- ▲▲ Intermediate: Long distance or high altitude gain.
- ▲▲▲ Difficult: Long distance and high altitude gain, good physical condition and preparation required.
- ▲▲▲▲ Very difficult: Long distance and high altitude gain, technically difficult route through mountainous terrain, good physical condition, preparation and specific equipment required, inappropriate areas for inexperienced skiers.





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Enjoy the winter... safely!

The Avaluator, a new tool for decision-making in avalanche-prone areas



Winter's colder temperatures force us to plan our activities better. Although the mountains of the Gaspé Peninsula are becoming a popular destination, it is still an isolated land that can be harsh and sometimes hard to reach. This is why, before leaving, you must:

- Be aware of upcoming weather and trail conditions as well as the risk of avalanche;
- Carefully consider your physical condition, ability and experience when planning your excursions;
- Bring warm clothing, food, water, an insulated mat, map and first aid kit;
- Go in groups of no less than three people;
- Stay on trails and within authorised ski areas;
- Avoid snowfields unless you have prepared appropriately;
- Leave with enough time to get back before dusk; and
- Be willing to turn back at the first sign of exhaustion or adverse weather conditions.

In Canada, on average, 12 people are killed and more are injured by avalanches each year. Several of these victims knew how to recognise dangerous conditions and some had been trained in avalanche safety, and yet they were still caught by avalanches.

Evidence suggests that some outdoor enthusiasts have died because they lacked a simple and systematic means to make decisions when in avalanche-prone areas. To develop the Avaluator, 1400 avalanche accidents in North America were studied and a dozen experts were consulted. The goal was to learn as much as possible from past mistakes and pass this knowledge on to the general public.



The Avaluator map and accompanying leaflet are designed to help you to make sound decisions at every stage of your excursion. They identify four different decision/skill categories:

1. Planning an excursion
2. Knowing how to recognise an avalanche-prone area
3. Evaluating slopes
4. Good practices

You can buy the Avaluator at the Parc national de la Gaspésie Discovery and Visitor Centre.

Multi-day backcountry skiing trips

Snow, snow and more snow! The mountains of the Gaspé Peninsula receive the kind of abundant snowfall that backcountry skiers love. A wide range of trails gives skiers of all skill levels the opportunity to challenge themselves. Make your excursion planning easier by staying in a hut. If you like, you can have some or all of your equipment brought from one hut to the next for you. It is also possible to get fresh supplies delivered to the hut of your choice. Please ask our staff for advice when reserving huts.



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



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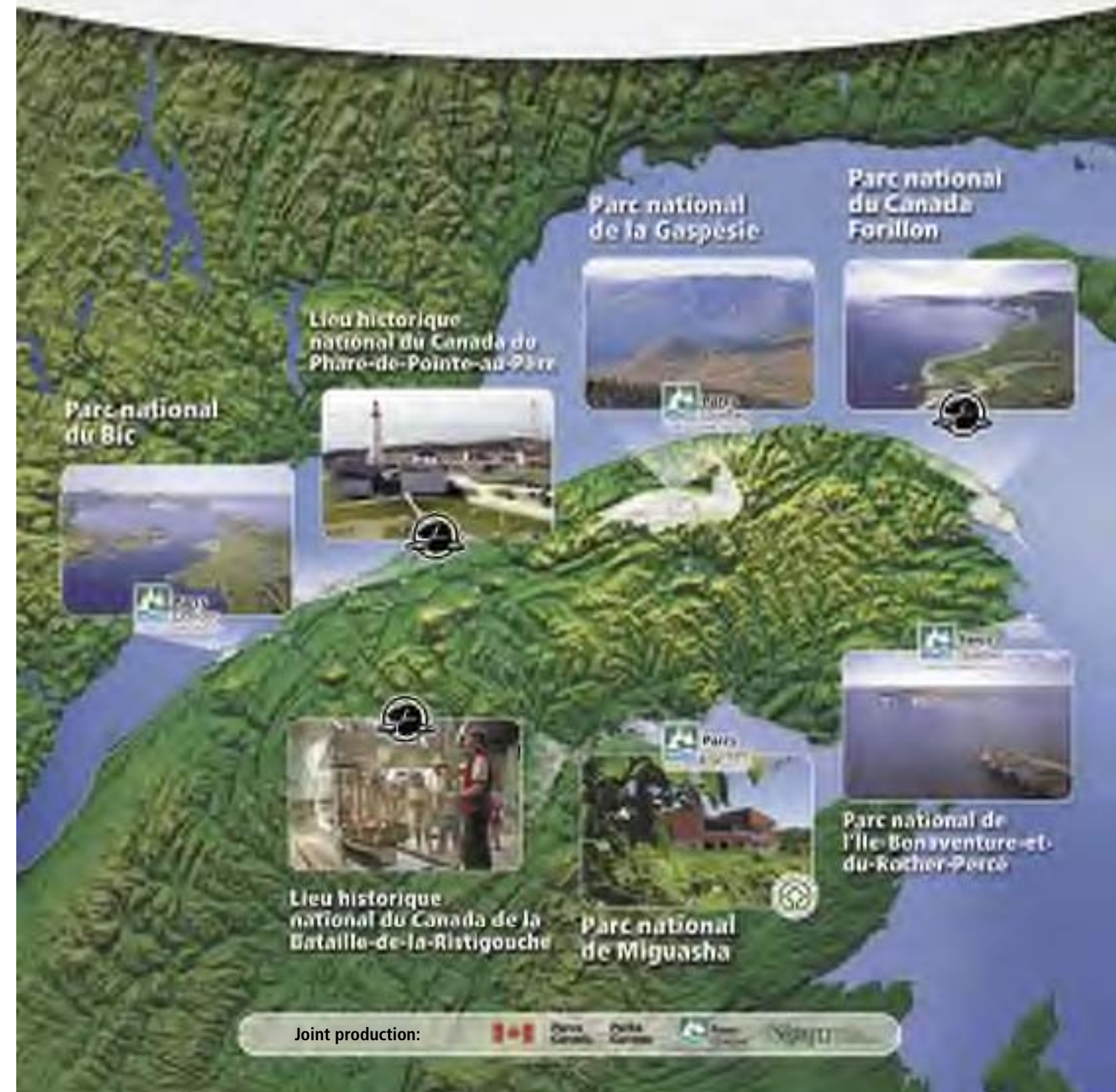


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