

Park Journal



PARC NATIONAL DE
Frontenac

2007-2008 Edition



1st prize winner: Serge Chenard

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!

Raymond Desjardins
Raymond Desjardins
Vice-president of Operations
Parcs Québec

Yvan Bilodeau
Yvan Bilodeau
President and CEO
Sépaq



ParksQuebec.com



France Hamel

Welcome

This year we invite you to celebrate the 20th anniversary of parc national de Frontenac. The park was created in 1987 to protect a section of natural landscape representative of the Eastern Townships, Beauce, and Bellechasse regions.

Inspired by a will to preserve this rich natural environment while offering you an unforgettable experience, the dynamic team of parc national de Frontenac has drawn up quite a program for its 20th anniversary. Whether you explore the park on foot, by bicycle, or in a canoe, take the time to discover its countless wonders. Get in touch with nature while camping, canoe-camping, or staying in a chalet. Enjoy a guided rabaska excursion, a moonlight walk, or a fireside talk led by one of our park wardens. Whatever you choose, you'll cherish the memories!

Remember that by respecting the regulations put in place for the protection of the environment, you ensure that your children and grandchildren will enjoy their favourite activities 20 years from now, in a natural setting where diverse flora and fauna are there to be discovered.

For our part, rest assured that the mission of conservation and accessibility entrusted to us as administrators is always at the heart of our actions.

The entire team wishes you a pleasant stay at parc national de Frontenac.



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.

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 **Parc national de Frontenac**
Protect and Discover.

599, chemin des Roy
Lambton (Québec) G0M 1H0

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Nancy Cloutier



Jean-Sébastien Perron

An Oasis of Hills and Water

Parc national de Frontenac is characterized by magnificent lakes, lush wetlands, and peaceful rolling hills, tempting visitors to come discover its natural wonders. Take full advantage of your stay by exploring all three sectors of the park.

An abundance of nature to discover at your own pace

The southern sector's wealth of flora and fauna is unveiled as you hike or bike along its many trails, kayak on Baie Sauvage, or canoe on lac des Îles and lac à la Barbue. This sector is known for the quality of its canoe-camping and bush-camping sites, as well as for the tranquility of its 8 uniquely designed lakeside cabins. With 109 serviced camp-sites and an equipment rental center, the new Baie Sauvage camping has also set up a complete educational program, including the famous rabaska ride "Expédition Felton" ... not to miss!



France Hamel

Swimming and outdoor activities for the whole family

A great spot for families, the Saint-Daniel sector features a supervised beach where kids and adults alike can enjoy a swim in its clean, warm waters. With 96 camping sites, some of which are located right on the shore of lac St-François, the St-Daniel sector is a choice destination for water sports like canoeing and kayaking. An 8 km bike path will take you to lovely viewpoints along the lake, as well as idyllic spots for family picnics. Follow a boardwalk path – very accessible to children – which winds through the heart of the peat-lands, a fascinating and unique ecosystem!

Access rates

Person, category or group	Daily 1 park	Yearly 1 park	Yearly all parks
1 adult, aged 18 and up	\$3,50	\$16,50	\$30
1 child, aged 6 to 17	\$1,50	\$7,50	\$15
1 child, aged 5 and less	Free	Free	Free
1 adult with children aged 6 to 17	\$5	\$25	\$45
2 adults with children aged 6 to 17	\$7	\$35	\$70
Group of adults	\$3,00 / person	N/A	N/A
Group of children or students children aged 0 to 17 and the accompanying adults	Free	N/A	N/A

Gateway to the immense Lac St-François

You'll be amazed by the sheer size of St-François lake when you visit the Ste-Praxède sector. The lake is accessible to park guests and pleasure boats holding access authorization, and has a picnic area with sanitary services. Camping and group activities are possible in this sector upon reservation at the park: call (418) 486-2300, ext. 223.

Preserving



Nancy Cloutier

Group for the protection of Grand lac Saint-François

The measures necessary to conserve and protect a natural area, and the life it sustains, often go beyond the park's borders. This was the case with the protection of lac Saint-François, of which two-thirds of the surface lies outside the park.

The quality of lake water is a function of human activities along the down-stream, which in turn affects the catchment area; it is also affected by activities practised on the lake and its shores.

An intervention group was formed with a view to improving the protection of the lake, which had been showing symptoms over the past few years. The group collected information concerning the lake's condition and evolution, and concrete action was taken to increase protection. This includes analyzing the activities in its catchment area and along its tributaries; synthesizing information concerning the catchment area and work being done near the lake; assessment of sanitary installations; and a contest, which promotes re-landscaping of the lakeshore from an ecological perspective.

The project promises a bright future for the lake: within its mandate, the park benefits from collective protection efforts, while in turn contributing to conservation of the environment on a regional scale.

Flies as indicators of peat-land biodiversity

Last summer a research team from McGill and Bishop's universities inventoried six peat-land areas in northern Vermont and southern Quebec, one of which was in the Saint-Daniel sector. The research assessed the impact of peat-land surface area, vegetal structure, and usage of adjacent territories on the diversity of diptera (the order of flies and mosquitoes). Insects were collected using three types of traps. In total, 7867 insects have been collected and identified.

The peat-lands of parc national de Frontenac are veritable open-air laboratories, an ideal site for such a project: the surface area is raised, well preserved, and surrounded by natural forest. The ecological integrity of the site allows us to study the diptera in an undisturbed environment. Preliminary results already indicate a greater abundance here than in other areas under observation.

Through identification and data analysis, the research group can determine important variables in maintaining the biodiversity of diptera in the peat-lands. The data will certainly help us better understand this unique ecosystem and better preserve the park's peat-lands, as well as similar areas that are not as well protected.



Stéphane Poulin

A summer for the birds!

Several ornithological inventories will be made this summer. Two of them will allow us to track the progress of certain species: the nesting grounds of the blue heron – the park's emblem – as well as those of the bald eagle, an endangered species in Quebec. A survey of predatory birds will also begin this summer, as part of a program monitoring the ecological integrity of the park.

You are also invited to participate in some of these inventories!

Moreover, in collaboration with le club des ornithologues de l'Amiante (CORA), we are updating the list of birds in the park, which presently number 195. To obtain this list, download it from our website (www.sepaq.com) or ask for it upon your arrival at the park.

You can contribute your own observations and sightings at the reception areas, or online at parc.frontenac@sepaq.com.



Thetford Mines, a city on the move!

Discover Thetford Mines and its many attractions! Cyclists and in-line skaters will enjoy the 21.7 km long, completely paved bike path that meanders through downtown Thetford Mines, skirts the minescapes, and traverses the forest.

Don't miss the **antique cars exhibit (Exposition de voitures antiques)** taking place in downtown streets on June 30 and July 1.

Our colourful **Thetford Mines Intercultural Festival (Festival interculturel de Thetford Mines)** will amaze you with its diversity from July 6 to 8, 2007.

From August 16 to 18, 2007, come discover artists of many talents at the **Festival Promutuel de la relève** – the festive ambiance is beyond compare!

If you love country music and dancing, the **Festival country western de Thetford Mines** is not to miss! August 23 to 26, 2007.




www.ville.thetfordmines.qc.ca



MARINE CENTER

Tel : 418.486.2466 • Fax : 418.486.7279
302, rue Principale, C.P. 429, Lambton (Québec) G0M 1H0
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Jean-Sébastien Perron

Discover

Regular programme – June 22 to August 18



Guided Rabaska rides

Hop aboard a rabaska canoe accompanied by a park ranger, and discover some magical places.

- **Expédition Felton** Travel back in time to the arrival of the First Nations, through the colonial period to the present day. Relive the history of lake Saint-Francois. A surprise will be waiting for you at the foot of the Felton river cascades.

*Fare: \$ 8.12 children, \$ 16.02 adults

- **À la découverte de la Baie aux Rats Musqués** Explore the various habitats around the bay, including beaver dams and the dwellings of many other famous animals.

*Fare: \$ 2.19 children, \$ 4.39 adults

- **Les lève-tôt** Rise at dawn and witness the awakening of nature. Explore plant and animal phenomena of the daylight cycle.

Fare: \$ 2.19 children, \$ 4.39 adults
Departure at l'Escale or la Capitainerie.

*Price before taxes.

Reservations in person are mandatory (Capitainerie or l'Escale). A minimum of participants is required. May be cancelled due to bad weather.

Guided peat-land excursion

Come discover this fascinating spot, where the antics of carnivorous plants and open-air scenery combine with the fragrant, exhilarating breezes peculiar to peat-lands. Retrace the history of this environment born out of a cold-climate past and familiarize yourself with its amazing flora.

Meet at the beginning of the peatland trail.

Evening activities

What better way to end a perfect day than with an informal evening talk in a natural setting, discovering the secrets of the park!

- **Masanebesek ou le grand lac** Discover the history of lake Saint-Francois, its first inhabitants, its flora and fauna. Retrace the evolution of this magnificent watershed from the melting of the glaciers to the present day.

- **Le top 10 – 2^e édition** Set off on a one-hour tour of the park to discover its main attractions, and show off your knowledge in this fun-filled question game.

- **Papillons** Observe nocturnal butterflies and witness the fascinating world of Saturdinae. The activity ends with a night-time walk. Weather permitting, you'll have a chance to see live specimens.

South (Sud) sector, L'Escale or St-Daniel: campers' shelter at Riviere aux Bleuets

campsite. In bad weather, activities in the St-Daniel sector will take place inside a campers' shelter at the Riviere aux Bleuets campsite.

Activities for children












- **Jeunes naturalistes I** (ages 6 to 9) This allows kids to set off on a search of four habitats and their famous animals.

- **Jeunes naturalistes II** (ages 8 to 12) Kids walk a park warden's shoes, taking inventory of live species in the woods near l'Escale.

- **Garde-parc d'un soir** A great game where kids laugh and learn while exploring the world of a park warden and his role as keeper of the territory. What is he protecting, and why? At the end of the activity each participant will receive a "one-night park warden" certificate. The activity takes place at l'Escale or the Riviere aux Bleuets campground.

Le chariot des curieux

Hop on the wagon and test your knowledge. Pick a random question and try to answer it along with your family. In this activity you'll learn about surprising features of the park's plants and wildlife, and learn some ways of setting off on their discovery. Join the group at any time! The wagon makes the rounds of the Saint-Daniel beach sector, l'Escale, and the Baie Sauvage campground. Hop on as it passes by!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Guided peat-land excursion	9:30-10:45	9:30-10:45		9:30-10:45		9:30-10:45	
 À la découverte de la baie aux Rats Musqués	13:30-14:30 14:45-15:45			13:30-14:30 14:45-15:45			13:30-14:30 14:45-15:45
 Les lève-tôt	9:30-10:30 11:00-12:00				9:30-10:30 11:00-12:00		9:30-10:30 11:00-12:00
 Expédition Felton	14:00-16:30			14:00-16:30		14:00-16:30	14:00-16:30
 Le top 10 – 2 ^e édition	20:30-21:30		20:30-21:30		20:30-21:30	20:30-21:30	
 Masanebesek ou le grand lac	20:30-21:30	20:30-21:30		20:30-21:30			20:30-21:30
 Papillons			21:00-22:00				21:00-22:00
 Jeunes naturalistes I			11:00-12:00 Capitainerie				11:00-12:00 Riv. aux Bleuets
 Jeunes naturalistes II		11:00-12:00		11:00-12:00	13:30-14:30		13:30-14:30
 Garde-parc d'un soir	19:00-20:00 19:00-20:00	19:00-20:00	19:00-20:00 19:00-20:00	19:00-20:00		19:00-20:00	19:00-20:00 19:00-20:00
 Le chariot des curieux	15:00-16:00 15:00-16:00	13:30-14:30 13:30-14:00		13:30-14:30 13:30-14:30	15:00-16:00	13:30-14:30	13:30-14:30 15:00-16:00

NEW • SPECIAL ACTIVITIES

- **Pleine lune à la tourbière:** Witness the magic of the moon rising over the peat-lands. You'll discover the fascinating world and mythology of the peat-lands, and learn about lunar phenomena. Hot chocolate will be served to each participant (June 30, July 29, and September 26).

Fare: \$ 5.05 children, \$ 10.09 adults.

- **Crépuscule:** When daylight wanes, an entire world awakens on the water. Enjoy this thrilling sensory experience at dusk. Explore the world of nocturnal animals, while learning about the adaptations that allow them to live in the dark. This activity takes place in a canoe at lac à la Barbue, and in a rabaska at la baie aux Rats Musqués (June 2 and 27, July 4, 18, 19, and 22, August 30, September 1 and 2).

Fare: \$ 8.12 children, \$ 16.02 adults.

- **Inventory activities:** Accompany a park warden during a biological inventory. Each activity begins with an introduction to the subject. Participants learn to identify certain species and assist the park warden in the inventory - all in a friendly, open atmosphere. Inventories projected for 2007 are:

- Listening for the song of the anoures (amphibians) (May 3, 4, 24, and 25; June 13 and 14).
- Hatchling head-count at the heron's nest (June 25, 26, and 27).
- Listening for the song of nocturnal winged predators (July 25, 26, and 27).

Minimum age: 10 years. Fare: \$ 8.12 children, \$ 16.02 adults.


*Price before taxes.

Reservations at the South (Sud) sector reception : (418) 486-2300 poste 228

SERVICES SANITAIRES
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3878, boulevard Frontenac Est
Thetford Mines
Tel. : (418) 332-2880 • Toll free : 1-866-488-2880

 **Dépanneur**
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Diesel, propane gas fill-up • Cold beer and wine
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Summer schedule: 7 AM to 10 PM

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 **Fréchette LGL**

SNC-Lavalin division
69, rue Notre-Dame Ouest
Thetford Mines (Québec)

Telephone : (418) 338-4631
E-mail : flgl@snclavalin.com

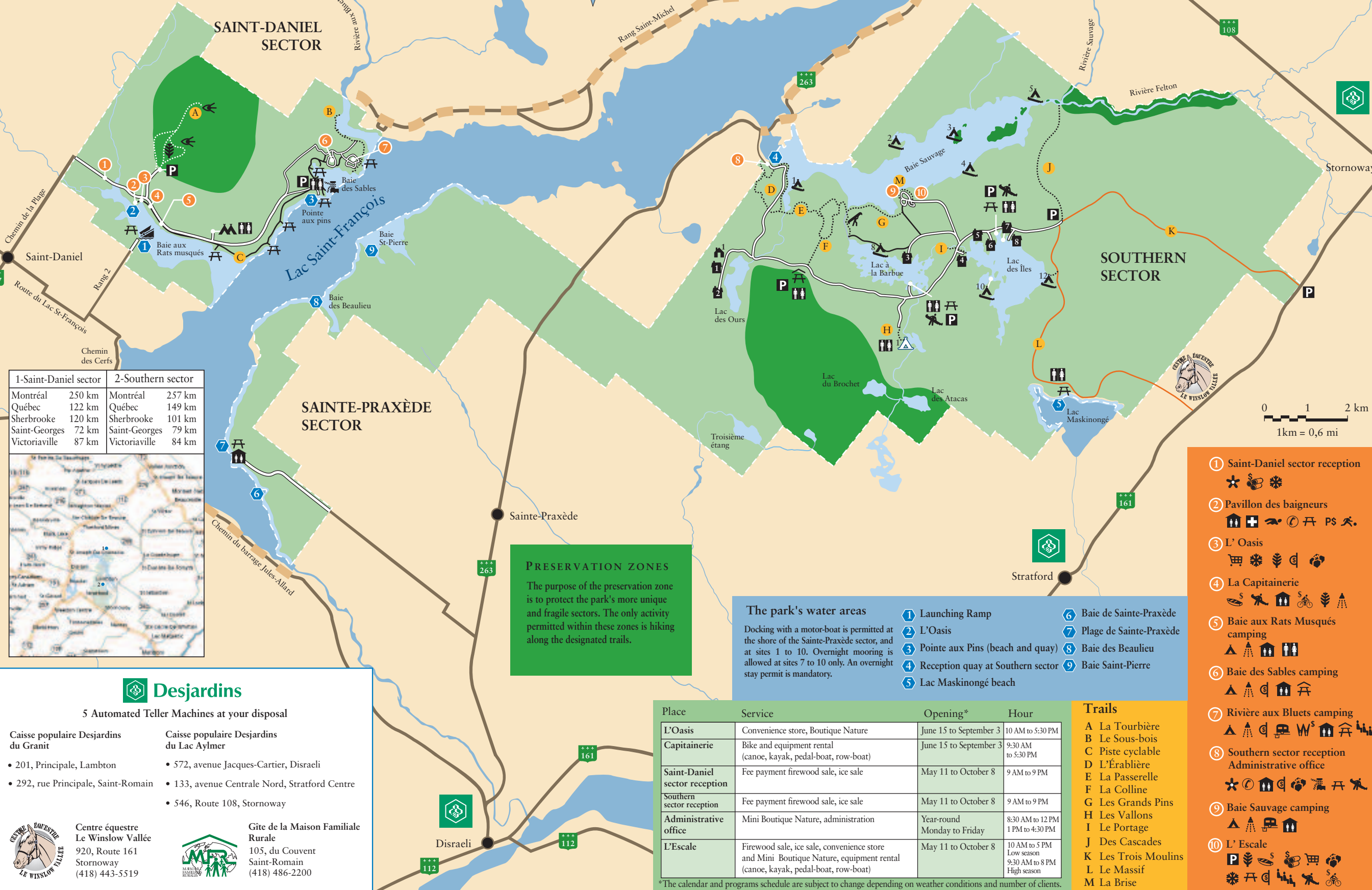
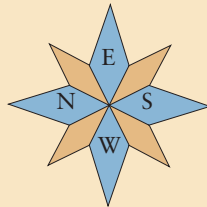
Daniel Lapointe, engineer

 **RESTO BAR**
DE LA SOURCE ARGENTÉE

Steak, chicken and seafood
La bonne cuisine du lac

Restaurant, bar and lounge
Owners : Bernard & Gervaise Mercier

470, route 263, Saint-Romain
Tel. : (418) 486-2420



	1-Saint-Daniel sector	2-Southern sector
Montréal	250 km	257 km
Québec	122 km	149 km
Sherbrooke	120 km	101 km
Saint-Georges	72 km	79 km
Victoriaville	87 km	84 km



Desjardins

5 Automated Teller Machines at your disposal

<p>Caisse populaire Desjardins du Granit</p> <ul style="list-style-type: none"> • 201, Principale, Lambton • 292, rue Principale, Saint-Romain 	<p>Caisse populaire Desjardins du Lac Aylmer</p> <ul style="list-style-type: none"> • 572, avenue Jacques-Cartier, Disraeli • 133, avenue Centrale Nord, Stratford Centre • 546, Route 108, Stornoway
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Centre équestre Le Winslow Vallée
920, Route 161 Stornoway (418) 443-5519

Gîte de la Maison Familiale Rurale
105, du Couvent Saint-Romain (418) 486-2200

PRESERVATION ZONES

The purpose of the preservation zone is to protect the park's more unique and fragile sectors. The only activity permitted within these zones is hiking along the designated trails.

The park's water areas

Docking with a motor-boat is permitted at the shore of the Sainte-Praxède sector, and at sites 1 to 10. Overnight mooring is allowed at sites 7 to 10 only. An overnight stay permit is mandatory.

Place	Service	Opening*	Hour
L'Oasis	Convenience store, Boutique Nature	June 15 to September 3	10 AM to 5:30 PM
Capitainerie	Bike and equipment rental (canoe, kayak, pedal-boat, row-boat)	June 15 to September 3	9:30 AM to 5:30 PM
Saint-Daniel sector reception	Fee payment firewood sale, ice sale	May 11 to October 8	9 AM to 9 PM
Southern sector reception	Fee payment firewood sale, ice sale	May 11 to October 8	9 AM to 9 PM
Administrative office	Mini Boutique Nature, administration	Year-round Monday to Friday	8:30 AM to 12 PM 1 PM to 4:30 PM
L'Escale	Firewood sale, ice sale, convenience store and Mini Boutique Nature, equipment rental (canoe, kayak, pedal-boat, row-boat)	May 11 to October 8	10 AM to 5 PM Low season 9:30 AM to 8 PM High season

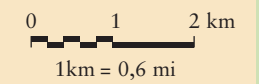
- Trails**
- A La Tourbière
 - B Le Sous-bois
 - C Piste cyclable
 - D L'Érablière
 - E La Passerelle
 - F La Colline
 - G Les Grands Pins
 - H Les Vallons
 - I Le Portage
 - J Des Cascades
 - K Les Trois Moulins
 - L Le Massif
 - M La Brise

- ① Saint-Daniel sector reception
- ② Pavillon des baigneurs
- ③ L'Oasis
- ④ La Capitainerie
- ⑤ Baie aux Rats Musqués camping
- ⑥ Baie des Sables camping
- ⑦ Rivière aux Bluets camping
- ⑧ Southern sector reception Administrative office
- ⑨ Baie Sauvage camping
- ⑩ L'Escale

- Canoe-camping sites**
- 1 L'Ours
 - 2 La Loutre
 - 3 Le Balbuzard
 - 4 Le Héron
 - 5 Le Pygargue
 - 8 Le Huard
 - 10 Le Castor
 - 12 L'Orignal
- Cabins**
- 1 Cyr I
 - 2 Cyr II
 - 3 Labbé
 - 4 Cliche
 - 5 Bélisle
 - 6 Martin
 - 7 Abénaquis
 - 8 Legendre
- Rustic Shelters**
- 1 La Tanière
- Sites camping rustique**
- 1 Egan

Legend

- ★ Reception
- ▲ Serviced camping
- △ Bush camping
- ⌘ Group camping
- 🏠 Rustic Shelters
- 🏠 Cabin
- 🏠 Canoe-camping
- 🛶 Equipment rental
- 🚲 Bike rental
- 🎪 Amphitheatre
- 🌿 Interpretation
- 🏖️ Swimming/beach
- 🛍️ Boutique Nature
- 🏠 First aid station
- 🛒 Convenience store
- 🧺 Laundry
- 🗑️ Waste emptying station
- ❄️ Ice
- 👶 Play area
- ☎️ Telephone
- 🚿 Coin-operated showers
- 🚻 Washroom
- 🚻 Outhouse
- 🔥 Firewood sale
- 📄 Vending machines
- 🅑 Parking
- 🅑🅑 Paid parking
- 🏠 Picnic area
- 🏠 Shelter
- 👁️ Lookout
- 🚣 Canoe portage
- 🚣 Quay
- 🚣 Launching
- 🚣 Launching ramp
- Park boundary
- Roads
- ⋯ Auto-interpretation trail
- ⋯ Hiking trail
- Multi-purpose trail (uneven ground)
- Multi-purpose trail (biking and hiking)
- 🚲 Grand Lac Saint-François bike path

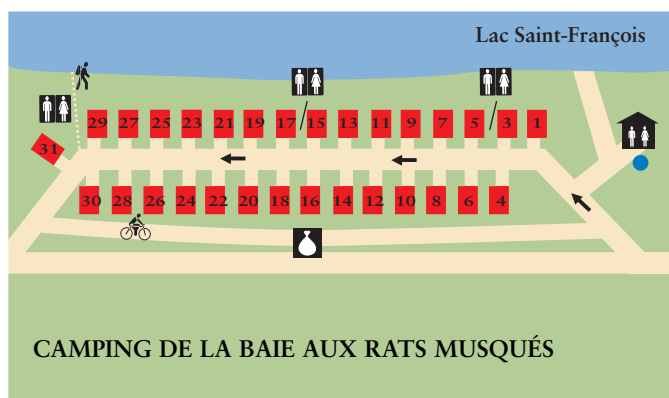
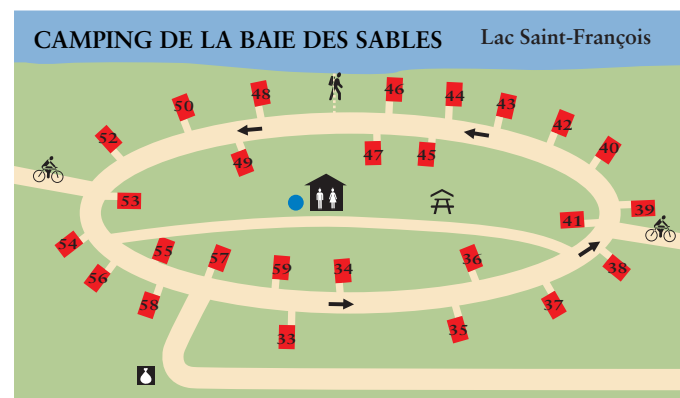
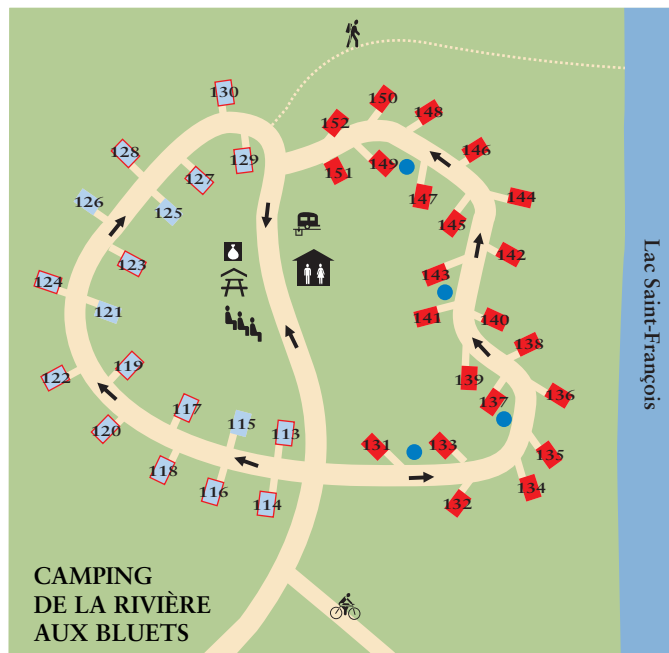
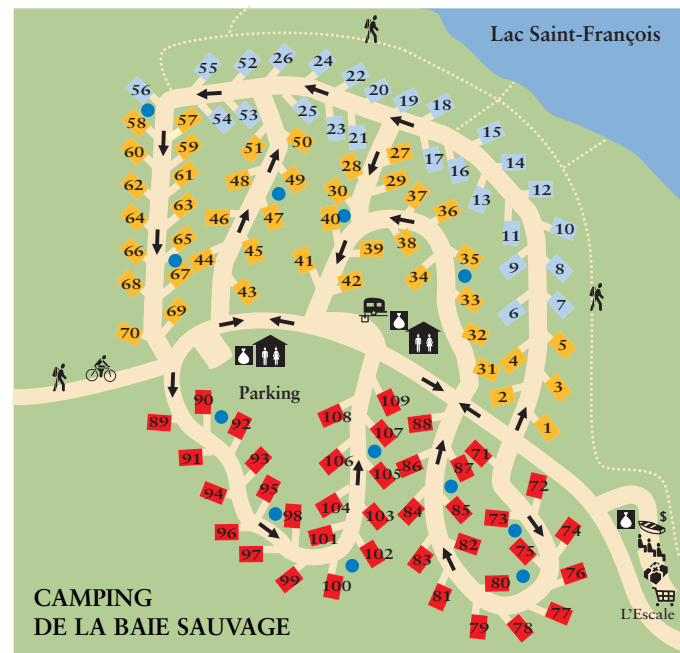


*The calendar and programs schedule are subject to change depending on weather conditions and number of clients.



Camping

Canoe-camping (Southern sector)



- 2 services water + electricity (30 amp)
- 1 service electricity
- Toilets and showers
- Garbage container
- Water outlet
- Amphitheatre
- 2 services water + electricity (15 amp)
- No service
- Outhouse
- Pump out station
- Camping shelter

GUARANTEED SATISFACTION PROGRAM

Sépaq Adheres to the guaranteed satisfaction program of the camping industry (camping Québec).

Customer with reservation

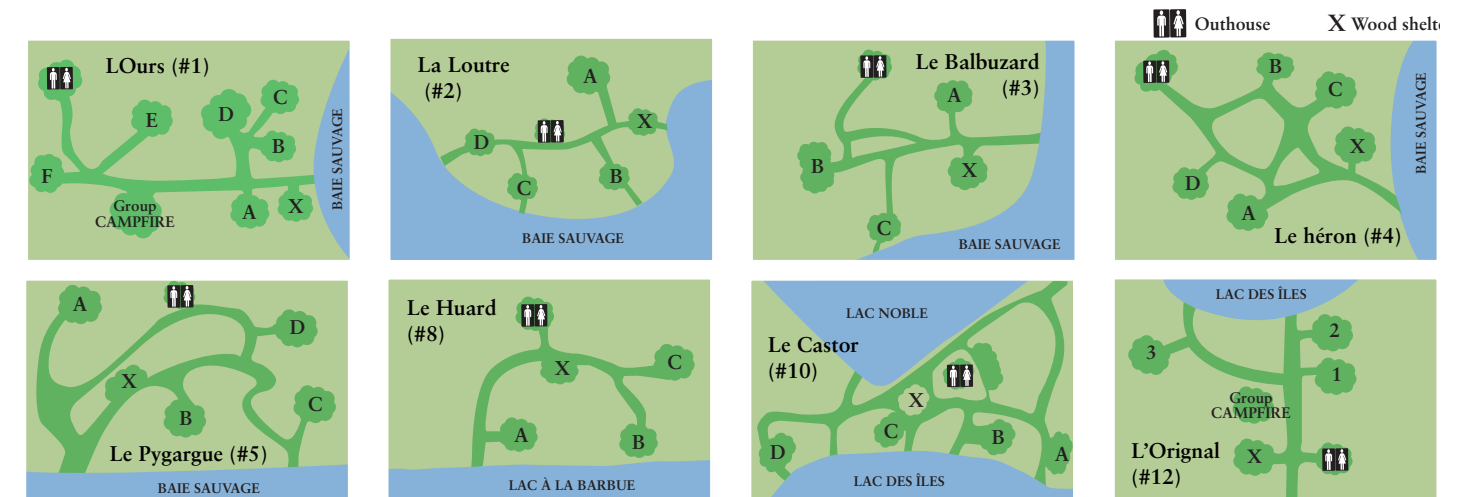
When a guest has a reservation, Sépaq will take the steps needed to offer him/her another campsite depending on available sites.

Customer without reservation

If, upon arriving, a guest is not satisfied with his/her camping site, Sépaq agrees to refund the price of the rental of the campsite in full if the customer requests it within the thirty minutes following his/her registration.

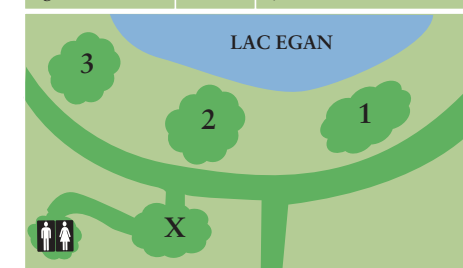
ACCESS TO INFORMATION LEGISLATION

Under the access to information legislation, Sépaq personnel cannot provide any information to guests (e.g. name, site number) either by phone or to persons showing up at the parks. However, a bulletin board located at the information centre will be made available to guests wishing to leave messages for their visitors.



Camping	Number	Distance from parking
Egan	3	0,5 km

Camping	Distance	Length	Number of sites
L'Ours (#1)	1 km	0 h 15	6 (group)
La Loutre (#2)	2,5 km	0 h 40	4
Le Balbuzard (#3)	5,3 km	1 h 15	3
Le Héron (#4)	5,4 km	1 h 20	4
Le Pygargue (#5)	7,6 km	2 h 30	4
Le Huard (#8)	2,1 km	0 h 35	3 (group)
Le Castor (#10)	1,2 km	0 h 15	4
L'Original (#12)	2,5 km	0 h 40	3 (group)



Ready-to-Camp

Discover the joys of camping without the hassle of all the equipment. This package deal includes:

- A fitted-out campsite
- A camper-trailer for 2 adults and children under 18
- A propane stove and fuel for the duration of your stay
- Everything you need to prepare meals

85 \$/night (taxes and access permit not included)



Resort (Southern sector)

							Legend	
	Cabins							
Abénaquis	✓	SF	12	0	•	•	12,0	Season
Belisle	✓	SF	6	2	•	•	9,0	Y = Year round
Cliche	✓	SF	10	4	•	•	9,0	S = Summer
Cyr #1*	✓	Y	4	1	•	•	4,0	F = Falls
Cyr #2*	✓	Y	6	3	•	•	4,0	W = Winter
Labbé	✓	SF	6	3	•	•	11,0	Cabin capacity
Legendre	✓	SF	6	2	•	•	11,0	Number of bedrooms
Martin	✓	SF	6	2	•	•	10,0	Shower
							Rustic Shelters	
La Tanière	✓	Y	2		•		4,0	Distance from Registration Centre (km)
All cabins have a kitchenette and a boat for recreational purposes. The Legendre cabin offers propane and solar energy.								Fireplace or woodstove
*In the winter, these cabins are only accessible by ski or snowshoe. No running water (pit toilet nearby). No refrigerator.								



Hiking



Serge Chenard

Do not miss!

Information panels along the peat-land trails

Take the opportunity to hike along the trails of the peat-land and learn more about this unique ecosystem. Twenty panels and two observation towers will enhance your adventure.



Saint-Daniel sector

Trail	Description	Summer	Winter	Difficulty level	Length
La Tourbière	A vast peat-land boasting carnivorous plants and orchids awaits you at the heart of a coniferous forest. Two observation towers and one auto-interpretation circuit will add to your enjoyment of the hike.	☺ ♿ ♻️		Easy (wooden footpath)	4,5 km (loop)
Le Sous-bois	This trail weaving across the Rivière aux Bluets delta is the ideal spot for an outdoor family picnic.	☺ ☹️ ♻️	☺	Easy	3,2 km (round trip)
Piste cyclable	You'll love this smooth path gliding through coniferous forests, with rest stops along Baie des Sables and lac Saint-François.	🚲 ☹️ ♻️	☺ ♻️	Easy	16 km (round trip)

Trail	Description	Summer	Winter	Difficulty level	Length
L'Érablière	A hill, a maple grove, a beaver lake, and many other ecosystems are your gateway to this pleasant walk in the woods.	☺ ☹️	☺	Average	4 km (loop)
La Passerelle	Joins the Erablière and Colline trails.	☺ ☹️	☺	Average	1 km (one way)
La Colline	Add another leg to your hike, from the Erablière to the heart of la Baie Sauvage	☺ ♻️	☺	Average	3 km (loop)
Les Grands Pins*	This trail winds through immense pines and huge rocks that appear to have dropped straight out of the sky.	☺ 🚲 ♻️	☺	Easy	6,2 km (loop)
Les Vallons	Trail leading to lac Egan.	☺ 🚲	☺ ♻️	Easy	900 m (round trip)
Des Cascades	This old logging road will take you to the magnificent Felton river.	☺ ☹️ ♻️	☺	Average	8 km (round trip)
Le Portage	This short hiking trail links the lake and the river leading to lac à la Barbue (only the dry land section is accessible).	☺	☺	Average	800 m (round trip)
	This woody trail takes you through several forest habitats (uneven ground).	☺ 🚲	☺ ♻️	Average	12 km (round trip)
Le Massif	Forest trail leading to magnificent lac Maskinongé. (12 km to get to the lake) (uneven ground)	☺ 🚲 ☹️	☺ ♻️	Average	16 km (round trip)
La Brise	A path giving direct access to the Baie Sauvage, beginning at Baie Sauvage campground	☺ ☹️		Easy	1,5 km (round trip)

* Only a part of the trail Les Grands Pins is for bicycles.

Protecting



Serge Chenard



Canada geese under control

The Canada goose population in the Saint-Daniel beach sector has been increasing significantly over the past few years. The geese, which qualify as 'resident geese' since they stay in southern Quebec rather than migrating to the north, were causing a major problem. At night-time they used the beach and surrounding lawn as feeding grounds. It was a natural choice, given that it's a safe area where they might eat and quickly escape predators. However, the geese produce an astonishing quantity of droppings!

It was a challenge to persuade the geese to find other feeding grounds. In collaboration with the Canadian Wildlife Service, several measures were introduced, and eventually a removable gate was installed which proved efficient. During part of the summer, adult geese change their feathers and are unable to fly; the gate, consisting of 3 cords, was enough to keep them away from the beach sector. Swimmers were once again able to enjoy their activities in a clean environment!

Nature Cards

Collect the five nature cards of Parc National de Frontenac. Each card represents one way in which you can protect the park. Getting them is easy! All you need to do is participate in one of the five kids' activities or a rabaska ride. Must be 18 or younger!



Dead wood is shelter and a source of food for many species. Just walking over to retrieve it compacts the soil and destroys vegetation between camp sites.



Stay on the paths in order to avoid stepping on vegetation; this will allow the next visitors to fully enjoy their hike in the woods.



Wild animals don't need help finding food. By feeding them, you only cause them to lose their natural instincts and jeopardize their survival.



Respect the tranquility of the grounds so that everyone may enjoy an authentic park experience... listening to birds singing... and appreciating the park's wildlife!



Out of respect for the environment and other visitors, bring your garbage back with you!



Marshmallow sticks
Gathering dead wood is forbidden in the parks. You can pick up your marshmallow sticks at the reception booths, at L'Oasis or at L'Escale.

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2nd prize winner: France Hamel

Canoe-camping package

Enjoy one of 31 campsites located in the south (Sud) sector in your initiation to canoe-camping. This package includes:

- campsite for two nights, including firewood
- canoe rental for 3 days
- life jackets and safety equipment

Starting at
\$ 129.00
 (taxes and access
 permit not included)



Steve Deschênes

Fireside winter nights!

Now you can come to the park and fill up on energy in the winter season. A snowshoe hike and an evening by the fire – what better way to enjoy the winter season?

The La Tanière rustic campsite and the Cyr 1 and Cyr 2 cabins are accessible by snowshoe or cross-country ski, only 4 km away from the south (sud) sector. A baggage transportation service is available on request.

For information and reservations: www.parcquebec.com • 1 800 665-6527

NAME	CAPACITY	YOU SHOULD BRING
Cyr 1	2 to 4 pers.	Bedding, sleeping bag, food
Cyr 2	4 to 6 pers.	Bedding, sleeping bag, food
La Tanière	2 pers.	Bedding, sleeping bag, food, dishes, utensils

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.parcquebec.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.

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.



Recycle! It's important...



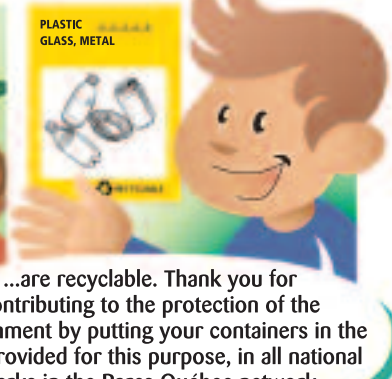
Glass...



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.

THE MINERALOGICAL AND MINING MUSEUM OF THETFORD MINES

Discover a unique Science Centre in Quebec where geology and mineralogy are combined to learn about the story of the Appalachian's formation, the mineral discoveries and the mining history of the region.

- Guided tours
- Atom and Crystals; Mineral exhibition
- Gold washing and onsite mineral collect
- Packaged Mine and Museum visit

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Open all year round

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L'ouverture canadienne
SPACE ODYSSEY
The Canadian Adventure

A travelling exhibition developed by La Palerme de Chicoutimi along with the collaboration of the Canadian Space Agency, the National Capital Commission and the Communications Research Centre Canada.

...5, 4, 3, 2, 1...
DÉCOLLAGE! / BLAST OFF!

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A historical exhibit that will take your breath away. Composed of impressive objects such as a space shuttle illustrating the exploits of Canada in the conquest of space.

From April 28th to September 3rd 2007

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20th anniversary contest

Take part in the Souvenir de vacances by capturing the beauty of a landscape, a memorable wildlife encounter, or the simple pleasure of an outdoor activity.

Take off on a hunt for the perfect picture, and submit your photographic entries to parc national de Frontenac.

First prize – A holiday stay for 4 at parc national de Frontenac

Second prize – A ready-to-camp package at parc national de Frontenac

Third prize – A \$ 150 Sépaq gift certificate

Invite your kids to illustrate their fondest memories of their holiday at parc national de Frontenac. A drawing from each of the following categories will be chosen: ages 4-6, ages 7-10, and ages 11-14. Winners will be given a backpack from the "Boutique nature".

Participation forms and contest rules are available at reception and administration areas in parc national de Frontenac. You can also request them by e-mail at parc.frontenac@sepaq.com.



3rd prize winner: Julie Lavallée



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.

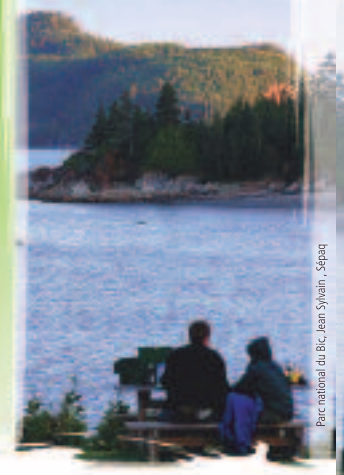
AVENTURE ÉCOTOURISME QUÉBEC

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



Parc national du BC, Jean Sivain - Sépaq

