

Park Journal



PARC NATIONAL du Mont-Saint-Bruno

English Version

2007-2008 Tour



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
Vice-president of Operations
Parcs Québec

Yvan Bilodeau
President and CEO
Sépaq

Discover our regional parks



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 instill 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.

Welcome

The entire team at the *Parc national du Mont-Saint-Bruno* is proud to welcome you in this protected natural territory.

You are showing up to visit us in ever-increasing numbers, and we are always just as happy to welcome you and do everything possible to make your visit a most pleasant, enriching one.

Throughout the year, the *Parc national du Mont-Saint-Bruno* offers a variety of activities in a setting just perfect for relaxing and discovering.

Curious and keen? Want to find out more about this site's fauna, flora or history? Let me invite you to take part in one or another, and why not in several, of our discovery activities.

Such a small but highly frequented park requires us to exercise care and vigilance and increase conservation efforts. Several such measures need your complicity and support. We thank you in advance for your collaboration.

Have an enjoyable visit!

Serge Perreault
Serge Perreault
Park Director

Summary

A Hill on the Plain : Natural, Historical and Characteristic Features of the Park	4
Discover the Park	5
Fireflies	6
Night Zoo	7
Park Map, Rules and Regulations	8-9
Discovery Activities	10-11
At Night, All Mice are Grey	12
School Programs	12
What a Hoot! There are Owls on Mont Saint-Bruno!	13
Winter Activities	14
Calendar, Opening Hours, Rates	15

General Information

(Visitors Centre)
Phone : 450.653.7544
Fax : 450.653.0509
parc.st-bruno@sepaq.com
www.parksquebec.com

Cover Page :
Photography, Benoit Durocher

The Parc national du Mont-Saint-Bruno's newsletter is published by the *Parc national du Mont-Saint-Bruno (Parcs Québec)* whose activities are managed by the *Société des établissements de plein air du Québec (SÉPAQ)*.

Graphics : Page Cournoyer
Translation : RPL
Quebecor World, Saint-Romuald

Administration
55, Île-Sainte-Marguerite, P.O. 310
Boucherville, Québec J4B 5J6
Phone : 450.928.5089
Fax : 450.670.2747



This document is printed on 100 % recycled paper made in Québec, containing 100 % post-consumer fibers and no elemental chlorine. Inks used in producing this paper contain vegetable oils.

Version française disponible

Activities and Services

Spring, Summer and Autumn

- Hiking • Discovery Activities • Old Mill • Arboretum • Apple Picking
- Visitors Centre - Reception and Information Desk - Boutique Nature - Snack Bar

Winter

- Cross-Country Skiing: Marked, Groomed Trails • Hiking • Self-Guided Discovery Activities
- Cross-Country Ski School • Warming Hut • Visitors Centre
- Reception and Information Desk - Boutique Nature - Waxing Room
- Equipment Rentals and Boutique - Snack Bar

A Hill on the Plain



Jean-Sébastien Perron

BY DONALD RODRIGUE
SUPERVISOR, CONSERVATION AND EDUCATION SERVICE

The *Parc national du Mont-Saint-Bruno* covers an area of 7.9 km² and attracts over 500,000 visitors every year. Surrounded by the cities of Sainte-Julie, Saint-Mathieu-de-Beloeil and Saint-Bruno, the park provides a veritable forest islet surrounded by a territory vastly and deeply transformed by urbanization and agriculture. People visit the park to practice various activities such as hiking, cross-country skiing, picnicking, as well as nature observation and interpretation.

Mont Saint-Bruno is a part of the Monteregian Hills (*Collines montréalaises*), as are also Mount-Royal, Mont Saint-Hilaire and Mont Mégantic, just to name a few. Besides, the park represents this natural region within the Québec national parks network. These hills are not volcanoes, but rather igneous (magmatic) rock intrusions formed during the Cretaceous Age (from 90 to 125 million years ago). The summit of Mont Saint-Bruno peaks at an altitude of 208 metres, while the surrounding plain is about 30 metres above sea level. It features an extensive hydrographical network comprising five lakes and numerous brooks. It is interesting to note that the *Lac des Atocas* has transformed into a peat bog for thousands of years and that it constitutes a very special case in southern Québec.

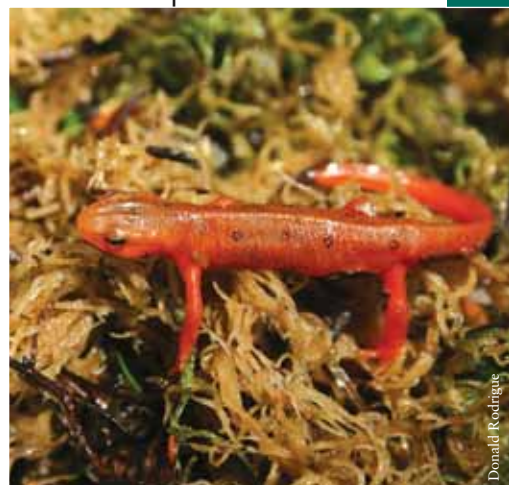
Mont Saint-Bruno made a name for itself not only on grounds of its geology, but also thanks to its rich fauna and flora and its historic heritage. Indeed, the park's flora encompasses 37 different tree species, 50 shrub species and about 500 herbaceous plant species. These plants are distributed according to their requirements from and tolerance of environmental conditions such as slope, drainage and soil type. The trees form groupings (stands) amongst them, of which four are exceptional in Québec: a Sugar Maple-Hickory Stand, a Red Oak-Sugar Maple-hop Hornbeam Stand, a Hemlock-Sugar Maple Stand and a Sugar Maple-Red Oak Stand.

Fauna is also well-represented by 15 fish, 14 amphibian, 6 reptile, 200 bird, and close to 40 mammal species. Mont Saint-Bruno's extensive biodiversity is particularly striking when one considers the regional landscape formed by urbanization and industrial agricultural practices.

Moreover, the hill's human history begins with industrial tapping into the hydrographical network. Indeed, the lords of Montarville erected four water mills. A bit later, a certain Mr. Pease bought the center of the hill to establish a private estate for vacation purposes

(today, you can still find nine private homes keystoneed in the park). Then, from about 1920 up to the Québec government's acquisition of the hill in 1975, the Brothers of St. Gabriel operated a farm, a vast orchard, and a maple stand on the west hillside. In addition, several new installations sprang up during that period, such as the Gabrielis Arboretum and the stations of the cross. Finally, in 1985, the territory became the *Parc national du Mont-Saint-Bruno*.

YOUNG EASTERN NEWT



Donald Rodrigue

Discover the Park



Philippe Braut

Where the Brothers of St. Gabriel Left Their Mark

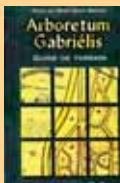
During your hike along the St. Gabriel trail, you will encounter remnants and installations handed down to us from the Brothers of St. Gabriel religious congregation's inhabitation of this territory.

The Memorial and Cemetery

The Memorial is a shelter that commemorates the legacy left by the Brothers of St. Gabriel at the park. It presents a series of interpretation signs (*in French only*) showing the community's life on the hill, including photographs and short accounts of the various activities in which the Brothers of St. Gabriel and the juvenates took part. A few steps away, you can see the cemetery surrounded by an Eastern white cedar hedge, and containing the tombstones, stations of the cross and a burial vault.

The Arboretum Gabrielis

This arboretum includes a specially planned and laid-out pond, and a collection of indigenous and exotic trees grooved with a network of trails. About 50 trees carry identification plaques, and an interpretation sign (*in French only*) is located near the pond. To find out more about these trees, borrow a terrain guide free of charge at the Visitors Centre.



The Grotto

One of the most noteworthy installations carried out by the congregation that you can get a good glimpse of during your hike is the grotto. This stone, metal and cement structure was built by the Brothers and juvenates in the 40s and 50s. An interpretation sign (*in French only*) describes the history of this monument.

With its trail network (35 km of laid-out trails and 4 km of rustic trails), mature forests and five lakes, the *Parc national du Mont-Saint-Bruno* has earned an enviable reputation for hiking.

Several circuits are suggested on the park map, found on pages 8 and 9. Here are the discovery activities not to be missed along these paths!

The Lake and Brook Network

All along the *Sentier des lacs*, visitors can consult a series of interpretation signs whose texts (*in French only*) and illustrations provide a host of information regarding the park's lakes and brooks. Refer to the map on pages 8 and 9 to find out these signs' locations.

Lookout Points and Wharfs

Along the shores of *Lac du Moulin*, *Lac Seigneurial* and *Lac des Bouleaux*, several wharfs and lookout points provided allow hikers to take full advantage of these lakes' beautiful sceneries while protecting the lakes' banks. An enticing opportunity to take a break!

The Old Mill (*Le Vieux-Moulin*)

The old flour mill, built in 1761 in the Montarville Seigniorial era, today hosts the park's thematic exhibit (*in French only*). Refer to pages 10 and 11 to find out about opening dates and hours.



Jean-Sébastien Perron

SCARLET Tanager



Robert Laprise



Robert Laprise

Birds to Be Observed

If bird watching fascinates you, stop by at the Visitors Centre and pick up our leaflet listing the plethora of bird species to be observed at the park. The list is available in English on the Park web site at www.parksquebec.com

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.

Fireflies

BY JEAN-PHILIPPE GENEST
PARK WARDEN

Among creatures adapted to the night, there is one we find particularly interesting – the Firefly. This insect is part of the Coleopteran order and the Lampyridae family. There are 14 species of this family found in Quebec, of which nine are fireflies.

In July, the female lays her eggs in humid soil. About a month later, we can see the eggs glow. The larva that has been growing inside is now ready to hatch. The life of a larva mainly consists of eating and gaining weight. Firefly larvae are predators – they feed on insects, snails, slugs, earthworms, etc., which they capture by injecting them with an anesthetic substance. This substance also liquefies the insides of their prey so they can suck it out. The larvae are known for being able to follow the viscous trail left by a slug.

The larvae do not flicker. They light up, glow for a few seconds, then extinguish. They do this to warn potential predators of their toxicity. The larvae grow and undergo several transformations. When winter arrives, they burrow under ground to hibernate. Generally, in the second spring of their lives, they settle in a few centimetres below the surface of the ground and pupate. This takes about 10 days, after which the pupa splits open and the adult insect emerges. However, it remains under ground for a few days before coming to the surface of the soil and taking flight.

After all this time spent immobile under ground, what is the first thing a firefly thinks about? No, not eating, but rather... hunting for a sexual partner! This is when we observe their bioluminescent ballet.

How do fireflies produce light? Why do they produce light? To find out, come participate in our “Stars for A Night” discovery activity being held July 5, 6 and 7 at 9 P.M. (reservation required).



FIREFLY

René Lamoges, Insectarium de Montréal

Night Zoo

BY JEAN-PHILIPPE GENEST
PARK WARDEN

Globalization, the Internet, the ozone layer and global warming are regularly in the headlines. They remind us that Mother Earth is both big and small, and many things can influence our daily lives. For example, the rotation of our planet causes the cycle of day and night, to which we have no choice but to adapt. It is this, known as the circadian cycle, that regulates our biological clock and that of other species.

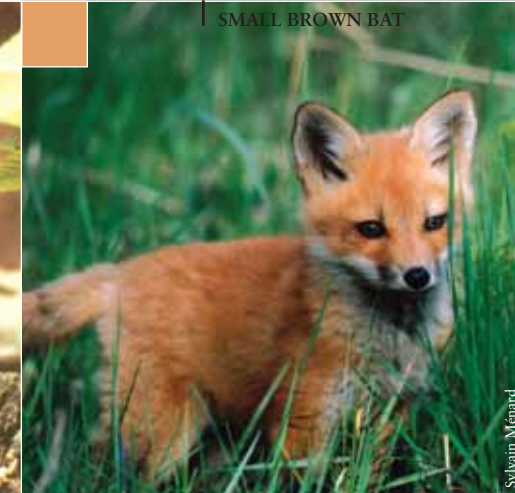
Scientific researchers have discovered the existence of a “night hormone,” namely melatonin, secreted by a gland in the brains of humans and animals. It is activated when our eyes perceive that it is dark – when light does not reach certain photosensitive cells. In humans, melatonin may be involved in the entire process of falling asleep. However, in many animals, it has the reverse effect – it takes them out of their torpor and wakes them up. When we go to bed, a whole world out there becomes very active!

Among the 91 species of mammals found in Quebec, 39 can be found in Mont Saint-Bruno, indicating the



EASTERN CHIPMUNK

Philippe Brault



FOX CUB

M. Brock Fenton

SMALL BROWN BAT

Sylvain Ménard

strength of biodiversity in this small area. Of these, four are active during the day – Squirrels, Groundhogs, Chipmunks, etc. Nine are active both day and night because of their metabolic needs – Shrews, Moles, Fieldmice, etc. One is active both day and night, but especially at dawn and dusk – the White-Tailed Deer; and 25 species are essentially nocturnal – Bats, Foxes, Ermines, etc.

As you can see, the majority of mammals in the park are nocturnal – more than 60%. Living in darkness

obviously requires specific adaptations. The night is a world filled with sounds, smells, movement, vibrations, ultra-sounds, etc., that animals perceive with more acuity than we do. Our discovery activities – “Indicators of Wildlife,” “Stars for A Night,” “Owls, Where Are Youoooooou?” – are opportunities to learn about these incredible adaptations. Register today!

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.

Parc national du Mont-Saint-Bruno



Circuits Suggested		
Trail Name	Length	Duration
Sentiers du Petit-Duc et du Grand-Duc Rustic trails threading alternately through open and forest areas and promoting especially diversified bird-watching.	1.5 km and 3.5 km	20 min. and 45 min.
Sentier Saint-Gabriel Intended for visitors interested in the park's human history. You will see several facilities bearing witness to the presence of the Brothers of St. Gabriel on the hill for a large part of the 20th Century.	1.8 km	45 min
Sentier Seigneurial This walk around the park's largest lake will give you the opportunity to visit the old mill (<i>Vieux-Moulin</i>) and the triple-arch bridge.	7 km	1 1/2 hr.
Sentier Montérégien Allows hikers to meet all the park's brooks and feel the hill's rolling relief.	8.8 km	2 hr.
Sentier des Lacs Enables you to admire Mont Saint-Bruno's five lakes and, who knows, maybe plan a picnic on a wharf or at a lookout point.	8.8 km	2 hr.

Your Personal Contribution to Conserving the Park

Do you love the park? We work hard so that you and your children can benefit from an extremely rich natural environment. However, as the number of visitors keeps increasing with every passing year, your collaboration is essential.

Do you wish to contribute to conserving this natural environment? Here is how you can help, and very simply :

- Leave your dog(s) home. These animals are a source of disturbance and disruption for fauna and other visitors. Dogs can even attack and endanger survival of certain species that we have mission to protect;

- Refrain from picking flowers and plants. One isolated picking of a bouquet may have only a negligible impact. However, the same act imitated by tens or hundreds of visitors could produce major consequences on the natural environment's integrity and aesthetic value;

- Let the animals feed themselves, and avoid disturbing them by trying to approach them. Human food is not always appropriate for their nutritional needs. They can become dependent upon humans in their search for food and can even harass you to obtain it. The park is neither a zoo nor a petting farm. For its own good, and your pleasure, let its wildlife remain wild;

- Do not put your foot in... the plants. Hiking off trail means you are stepping right onto underbrush plants, which are trying to evolve into the forest of tomorrow. It also means you are compacting the ground, making its surface difficult to pierce through for any new shoots. Stick solely with authorized trails, and you will contribute to preserving the forest's heritage to be passed on to future generations.

In brief, the line is pure and simple: follow rules and regulations in effect at the park.

This map is available at www.parksquebec.com

Legend

- Service Area
- Ambience Area
- Conservation Area
- Extreme Conservation Area
- Orchard
- Park Bounds
- Road (bicycles authorized)
- Service Road (bicycles authorized)
- Hiking Trail (no bicycles)
- Rustic Hiking Trail (no bicycles)
- Distance between Two Points (km)
- Interpretation Sign
- Children's Play Area
- Picnic Area
- Lookout
- Discovery Activity
- Snack Counter
- Visitors Centre
- Phone
- Washroom
- Vieux-Moulin (old mill)
- Toll Kiosk
- Maison Murray
- Hut
- Parking
- Secondary Access

Discovery Activities

(Activities scheduled are offered in French only but are available in English upon reservation)



Jean-Yves Bastien / Fernon

April	
Saturday 21, 28 Thematic Weekend “Frogs, Snakes and Company” 12 P.M. to 3 P.M.	Sunday 1, 8, 15, 22, 29 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 22, 29 Thematic Weekend “Frogs, Snakes and Company” 12 P.M. to 3 P.M.

August	
Saturday 4, 11, 18, 25 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. A roving discovery kiosk stands at certain busy locations in the park during the afternoon. For further details, inquire at the Visitors Centre's reception desk.	Sunday 5, 12, 19, 26 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. Secrets of the Pond 1:30 P.M. to 4 P.M.

May	
Saturday 5, 12, 19, 26 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. A roving discovery kiosk stands at certain busy locations in the park during the afternoon. For further details, inquire at the Visitors Centre's reception desk.	Sunday 6, 13, 20, 27 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 6 Indicators of Wildlife 1:30 P.M. 13 Beauties of the Underbrush 1:30 P.M. 20, 27 Birdfest at Mont Saint-Bruno 1:30 P.M. Do not miss this! Owls, Where Are Yooooooooo? Paid activity offered on May 3, 4 and 5 at 8 P.M. (reservation required)



Robert Lapense

September	
Saturday 1, 8, 15, 22, 29 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 1, 8, 15 Thematic Weekend “Birds of Prey” 10 A.M. to 4 P.M. A roving discovery kiosk stands at certain busy locations in the park during the afternoon. For further details, inquire at the Visitors Centre's reception desk.	Sunday 2, 9, 16, 23, 30 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 2, 9, 16 Thematic Weekend “Birds of Prey” 10 A.M. to 4 P.M. 23 Indicators of Wildlife 1:30 P.M. 30 Birth of Mont Saint-Bruno 1:30 P.M.

October	
Saturday 6, 13, 20, 27 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. A roving discovery kiosk stands at certain busy locations in the park during the afternoon. For further details, inquire at the Visitors Centre's reception desk.	Sunday 7, 14, 21, 28 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 7, 14 When Leaves Turn to Flame 1:30 P.M. 21 A Hill and Its Past 1:30 P.M. 28 Birth of Mont Saint-Bruno 1:30 P.M.



Alain Plaisance

June	
Saturday 2, 9, 16, 23, 30 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. A roving discovery kiosk stands at certain busy locations in the park during the afternoon. For further details, inquire at the Visitors Centre's reception desk.	Sunday 3, 10, 17, 24 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 4:30 P.M. 3 A Hill and Its Past 1:30 P.M. 10 The forest : Stitches in Time 1:30 P.M. 17 Birth of Mont Saint-Bruno 1:30 P.M.

November	
Saturday 4, 11, 18, 25 Exhibit at the Old Mill (<i>Vieux-Moulin</i>) 12 P.M. to 3:30 P.M. Bird Nests (paid activity) 10 A.M.	

EXPOSITION

Exhibit at the Old Mill (*Vieux-Moulin*)
“Mont Saint-Bruno: Natural and Cultural Heritage” This exhibit summarizes the territory's characteristics and makes for an excellent introduction or conclusion to the park's various activities.
Location: the Old Mill.

Discovery Kiosk

Piles of questions about the park? Have a look at our roving kiosk. Animal exhibits, artifacts and display information will reveal specific details on the area.
Schedule : Afternoons, certain Saturdays and Sundays.
Location : Ask at the reception desk in the Visitors Centre.

THEMATIC WEEKENDS

Frogs, Snakes and Company

Come discover the fascinating world of amphibians and reptiles on short, guided hikes (at 10 A.M., 12:30 and 2:00 P.M.) and at the discovery kiosk where you can observe live specimens. People from the Granby Zoo will be there to present the spiny softshell turtle, and *Croque-Science* will fill you in on pond biodiversity.
Departure point for the hikes : Visitors Centre.
Stands : Ponds area.

A Hill and Its Past

Come relive the history of Mont Saint-Bruno in the blink of an eye. On June 3, meet at the Old Mill at 1:30 PM to participate in a guided hike – discover the Montarville Seigneurie and the era of vacations. If you are interested in the more recent history of the park, including that of the Saint-Gabriel Brothers, come meet with us at the Visitors Centre on October 21 at 1:30 P.M.

Birds of Prey

With its mature forests and five lakes, the park has many quality habitats for birds. More than 10 raptor species are regularly observed. Autumn is an ideal time for observation because of migration. On thematic days, we will discuss things such as distinguishing between Red-Tailed Hawks, Red-Shouldered Hawks, Sharp-Shinned Hawks and Falcons from their silhouettes and behaviours observed in flight. An observation site, two discovery stands and a theatrical presentation on the Peregrine Falcon are on the program.
Location : the Old Orchard. Follow the signs from the park's main entrance.

GUIDED DISCOVERY HIKES

Beauties of the Underbrush

Come explore a typical forest of the Montérégie Hills and discover, among other things, its spring plants.
Duration : about 75 minutes.
Departure point : Visitors Centre.

Birdfest at Mont Saint-Bruno

Discover the diversity of birds in the park and the importance of the territory to winged fauna in a region close to a major metropolitan centre. Spring is a busy time for bird life at Mont Saint-Bruno. Take the opportunity to learn about ornithology with a park warden.
Duration : about 75 minutes.
Departure point : Visitors Centre.

The forest : Stitches in Time

The rich biodiversity of the various types of forest in the park is well-known. Find out why the park is considered a very important island of green in southern Quebec, with a park warden as your guide.
Duration : about 75 minutes.
Departure point : Visitors Centre.

Indicators of Wildlife

What animals can we find on Mont Saint-Bruno? Come discover the great wealth of life in the park, and learn how to read the clues left by animals who live here.
Duration : about 75 minutes.
Departure point : Visitors Centre.

NEW EVENING ACTIVITIES

Stars for A Night

These guided hikes in the evening provide an initiation to the fascinating world of fireflies. Discover the park in a new light – at night! Sunset is a time when many species, often not very well-known, come to life. With their eyes deprived of light, hikers' other senses become more alert. Do you hear a frog singing? Do you smell a skunk?! Bats, Raccoons, Flying Squirrels – what other surprises does the night hold for us? Follow the guide to find out.
Schedule : July 5, 6 and 7
Duration : 120 minutes.
Departure point : Visitors Centre at 9 P.M.
Rate : \$5.27/adult- \$2.63/child (plus taxes) payable upon reservation (required)
Reservation : telephone 450.653.7544

Birth of Mont Saint-Bruno

Travel through time – about 125 million years of geological history in the blink of an eye!
Duration : about 75 minutes.
Departure point : Visitors Centre.

Secrets of the Pond

Come discover the many secrets of this fascinating living environment. Under a peaceful surface, a pond hides many treasures.
Duration : about 75 minutes.
Location : de l'Étang de la Roche

When Leaves Turn to Flame

Come explore a typical forest of the Montérégie Hills (*Collines montérégiennes*), with its characteristic plants, and discover the processes that create those wonderful autumn colours.
Duration : about 75 minutes.
Departure point : Visitors Centre.

Bird Nests

November is often synonymous with indoor activities. Why not break away from the routine and join our park wardens, who have prepared a discovery activity off the beaten track! What birds in Quebec construct the largest or smallest nest? How do you correctly identify a bird's nest? Are there birds that do not build any nests? Can we observe nests that were not built by a bird? As many questions that will finally be answered for you. A discovery activity not to be missed!

Duration : about 75 minutes.
Departure point : Visitors Centre.
Rate : \$5.27 /adult - \$2.63 /child (plus taxes)

GOLDFINCH NEST



Philippe Quénel

Owls, Where Are Yooooooooo?

Many species of owls inhabit Mont Saint-Bruno during the year. Some nest inside the park and are the subject of an annual inventory. Would you like to accompany our park wardens while they do a nocturnal inventory of owls in the park? Discover the specific adaptations of these fascinating birds. Register now, since spaces are limited!
Schedule : May 3, 4 and 5
Duration : 120 minutes.
Departure point : Visitors Centre at 8 P.M.
Rate : \$5.27/adult- \$2.63/child (plus taxes) payable upon reservation (required)
Reservation : telephone 450.653.7544

At Night, All Mice are Grey

BY DENIS HENRI
PARK WARDEN

First of all, what is a mouse? It seems like simple question, but it requires some thought. Quebec has 23 species of micromammals, namely small-size mammals, comprising fieldmice, lemmings, mice, shrews and moles. Mice are characterized by their large clearly visible ears, and their fairly long tails – at least half the length of their bodies. In Quebec, there are five species of mice, and all can be found in Mount Saint-Bruno Park. There are two species of jumping mice, the Meadow Jumping Mouse and the Woodland Jumping Mouse – they move around like tiny kangaroos. Their tail is longer than their body, and their rear feet are visibly very large. There is also the Common Mouse, with its very small eyes and brown stomach. Introduced to North America by man, this mouse can often be found in our homes, garages, garden sheds, cottages and restaurants. Finally, the Deer-Mouse and White-Footed Mouse are easily recognized by their bulging eyes, reddish fur on their back, and white fur on their stomachs.

Steeve Fournier, a student at the University of Sherbrooke, conducted a study in the summer of 2005 on the populations of mice in the park in order to verify whether they are carriers of the Black-Legged Tick or Deer Tick, responsible for transmitting Lyme disease. Common in Europe and the U.S., this disease is not often seen in Canada. His research revealed the presence of the tick, but no mice that were captured were carrying the disease. However, the antibodies of another disease were detected in the mice. This was the hantavirus – a disease transmitted through the mouse's urine, saliva and excrement – that can be inhaled by humans. A single case of this disease was reported in Quebec in 2004. However, at the present time, there is nothing to worry about. Preventive trapping is conducted every autumn in certain buildings in the park to curb the number of mice that try to take refuge during the winter season. Their numbers can be quite impressive! A female even gave birth to 11 baby mice after having been captured. It is not surprising that many owl couples patrol the park looking for this prey – a meal that is almost always there!



Gilles Delisle

WHITE-FOOTED MOUSE

School Programs *(offered in French only)*

The park offers two schooling programs for 2nd and 3rd elementary cycle students. Designed in the spirit of the school reform, these programs suggest several activities that enable elementary students to share an enlightening, privileged learning experience with Mother Nature. Before the activities take place, we send teachers an educational guide and copy book, and provide them with software on the www.parksquebec.com Web site in order to make sure all activities run appropriately before, during and after the park visit. Teachers have access to two options :

Free Programs

Teachers can carry out these programs on their own; in fact, these were designed accordingly. However, it should be noted that a park warden meets with the group both at the beginning and end of the visit at the park.

Programs Subject to Pricing

If teachers so wish, a park warden can animate these programs in full during the visit at the park. The rate is then set to \$120 per class (plus sales taxes).



Alain Mechon

What A Hoot! There are Owls on Mont Saint-Bruno!

BY DENIS HENRI
PARK WARDEN

The province of Quebec has 10 species of Owls. Six of these have two tufts of feathers that rise above their head, often mistaken for ears, and therefore commonly have “horned” or “eared” in their names. Four species have round heads with no tufts, and are called *chouette* in French. Moreover, it is hard to distinguish males and females in these birds because their colouration is identical.

Certain species are observed only in winter on Mont Saint-Bruno. This is the case for the Boreal Owl, the Hawk Owl, the Great Grey Owl, and the Snowy Owl. Other species, such as the Long-Eared Owl, Short-Eared Owl and Saw-Whet Owl, stop in the park during spring and fall migration.

Three species nest in the forest in Mont Saint-Bruno Park. The Great Horned Owl is the most imposing and also the most wary of humans. The power of its claws is impressive – a great variety of prey are captured by this formidable predator. Then there is the Barred Owl, a stalwart of mature forests and a big consumer of small mammals, birds and frogs. The third is the Screech Owl, one of the most discrete (despite its name) of nocturnal raptors. Deftly concealed in a tree cavity, it is not easy to observe because its plumage resembles the bark of a tree. The wooded areas near the orchards are the most likely places to conceal a couple of these owls, a major predator of shrews, insects and birds.

Owls have always fascinated humans. Both persecuted and admired, they have also been at center stage in folklore. With their haunting, shiver-inducing hoot, and silent, stealthy flight, they are very impressive, and have been the subject of many spectacular photos. Observing one of these nocturnal predators is an unforgettable experience. Join up with our team of park wardens as they take an inventory of these night raptors on May 3, 4 and 5, 2007. For information and reservations, call 450.653.7544. This is a unique activity to put in your agenda!



Robert Lapresse

SCREECH OWL

GREAT GREY OWL



Claude Lafond

COURIR
Boutique

Natural energy

Jogging • Walking
Cross country skiing
Triathlon • Cycling
Snowshoeing
Outdoor clothing
Travel gear • Hiking

LONGUEUIL : 1085, chemin Chambly (near the cegep) • (450) 674-4436
MONTREAL : 4452, rue Saint-Denis (close to Mont-Royal) • (514) 499-9600

Winter Activities

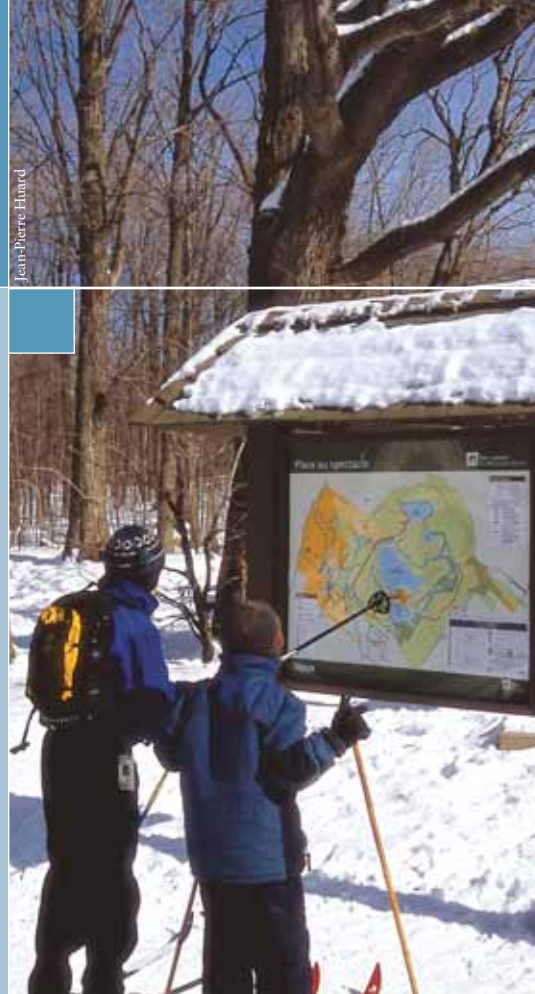
Winter is a very busy season at the park. Trekkers take advantage of more than 30 kilometres of marked, groomed cross-country skiing trails and 10 kilometres of hiking trails. Warming huts, ski school, waxing room, boutique, rental service and snack bar remain at visitors' disposal all season long.

More and more popular every year, evening skiing offered at the park allows skiers to make the most of their skiing season, which often goes by too fast. Cross-country ski trails are open until 9 P.M. on Tuesdays, Wednesdays and Thursdays for several weeks in January, February and March.

Open House Day, A Real Tradition!

Every year, winter enthusiasts flock to our traditional Open House Day that kicks off the season. Skiers can take advantage of reduced ski season pass rates until that date. For the occasion, admission to the park is free of charge, exhibitors are on hand, and several door prizes are distributed. Open House Day is held in early December. Watch for our advertisements in this regard!

If you have not done so yet, pick up our latest Winter Activities leaflet.



Ours Services

The calendar and opening hours may be subject to modifications depending on visitor traffic and outside temperature. Find out by calling the reception desk attendant at 450.653.7544.

Calendar and Opening Hours

Service	Dates Open	Hours	Days
Visitors Centre	April 1 to 30	9 A.M. to 5 P.M.	Weekdays
	May 1 to August 31	8 A.M. to 6 P.M.	Saturdays and Sundays
	September 1 to October 31	9 A.M. to 7 P.M.	Weekdays
	November 1 to 30	8 A.M. to 7 P.M.	Saturdays and Sundays
	December 1 to March 31	9 A.M. to 5 P.M.	Weekdays
Snack Bar	September 1 to November 11	8 A.M. to 5:30 P.M.	Saturdays and Sundays
	December 1 to March 31	8 A.M. to 4 P.M.	Weekdays
		8 A.M. to 4:30 P.M.	Saturdays and Sundays
		8 A.M. to 4 P.M.	7 days/week
Orchard	Early September to Mid-October		Check with the reception desk attendant
X-Country Skiing	December 1 to March 31		Ask for our winter activities brochure

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

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 ParksQuebec.com

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

Access Rates (Sales Taxes included)

Category	Daily	Hours	Days
Adult (age 18 and over)	\$ 3.50	\$ 16.50	\$ 30.00
Family (1 adult with children aged 6 to 17)	\$ 5.00	\$ 25.00	\$ 45.00
Family (2 adult with children aged 6 to 17)	\$ 7.00	\$ 35.00	\$ 70.00
Child (aged 6 to 17)	\$ 1.50	\$ 7.50	\$ 15.00
Organized Adult Group	3.00 \$/pers	s/o	s/o

Subject to change without notice. The Park and Network Cards are valid for 12 months as of the purchase date. Children aged under 6, organized pupil groups (pre-school, elementary and high school), organized youth groups aged 6 to 17, and organized student groups (college and university) can access the park free of charge for educational purposes.

Clothing that children love!

Bamboo

38, Prince-Arthur st. St-Lambert (Qc) (514) 672-3259

RONA
L'entrepôt

Saint-Bruno
1221, boul. des Promenades
450-441-3888

Always supportive!



SAIL PLEIN AIR NEW STORE

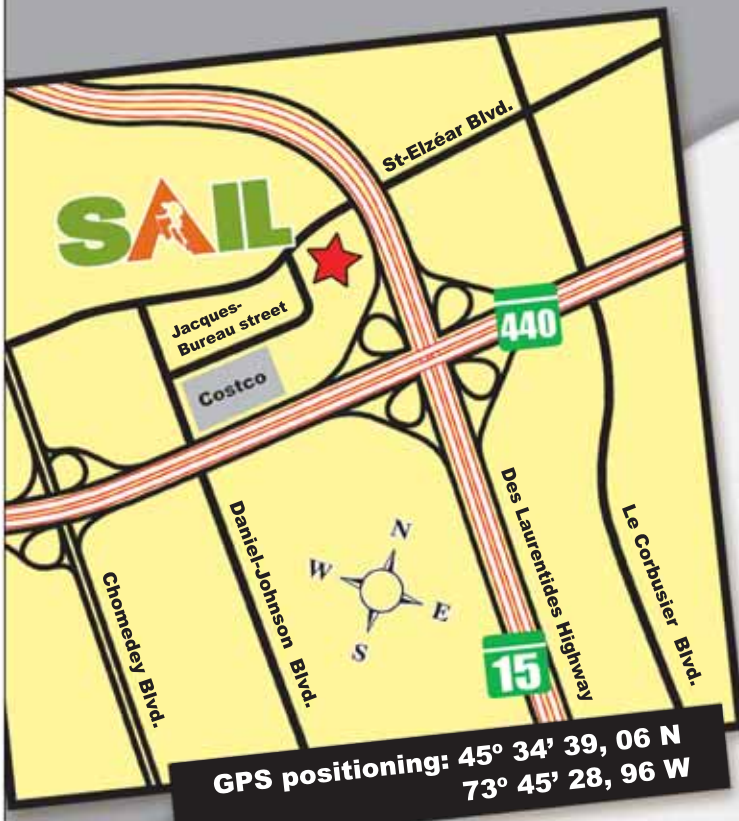
BELOEIL de l'Industrie 450.467.5223	LAVAL Jacques-Bureau
--	--------------------------------

BARON SPORTS

MONTREAL de Salaberry 514.331.3340	CENTRE-VILLE Notre-Dame West 514.866.8848	ST-HUBERT Taschereau Blvd. 450.926.8448	POINTE-CLAIRE Hymus Blvd. 514.694.4259
---	--	--	---

NEW STORE IN

LAVAL



- > Over 70 000 square feet.
- > More than 600 000 products
- > Over 400 different models of shoes.
- > Over 40 tents displayed in store.
- > Over 25 different models of kayaks and canoes in store.
- > More than 100 passionate employees.



SAIL PLEIN AIR LAVAL
2850, Jacques-Bureau street //exit 10, highway 15 or exit 22, highway 440