

PARC NATIONAL DES MONTS-VALIN

DISCOVERY GUIDE

2018



WELCOME TO THE PARK



Peaks and valleys in all 4 seasons!

From your first steps in the trails, you will feel the light cool wind of the north!

Since 1996, with the conservation and protection of species and ecosystems as a backdrop, the park's riches have been developed with care, so that you can get most out of this natural heritage.

From the meanders of Rivière Valin to the rocky peaks of the mountains or the fabulous Vallée des Fantômes, explore the park on foot, skis, snowshoes or by canoe, according to the seasons and at your own pace!

Find out more at sepaq.com/montsvalin



VALMONT
LE LYNX

THE CANADIAN LYNX THE PARK'S ANIMAL INSIGNIA

You may have been under the watchful eye of the Canadian lynx without knowing it. This mysterious feline leads a very discreet life in the heart of the boreal forest, and few visitors have ever seen one. The lynx goes unnoticed because of its agility, discretion and mostly nocturnal activities. Although some sightings have been reported, the condition of the lynx population and their land use habits are still unknown.

ANNUAL QUÉBEC
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Québec's national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:

- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping

Details at sepaq.com/parkscard

SUMMER MUST-DOS



RIVIÈRE VALIN VALLEY, AT THE FOOT OF A GIANT

You can explore this area by canoe on the river or on the trails. The Tête-de-Chien trail, popular in every season, leads halfway up the mountain to an altitude of 576 metres (8 km round trip). On the other side, The Mirador trail offers a stunning view of the wetlands and the mountain (3 km round trip).



PIC DE LA HUTTE

The Pic de la Hutte peak is 900 metres high. At this altitude, visitors notice differences in vegetation and the exceptional view. The rest stop along the way is a great place to take shelter or have a snack. It is accessible from the Registration Centre (16-km trail round trip) or more easily, by driving up the mountain by car (3-km trail round trip, or a 5-km loop).



BAIE D'ALEXIS SECTOR

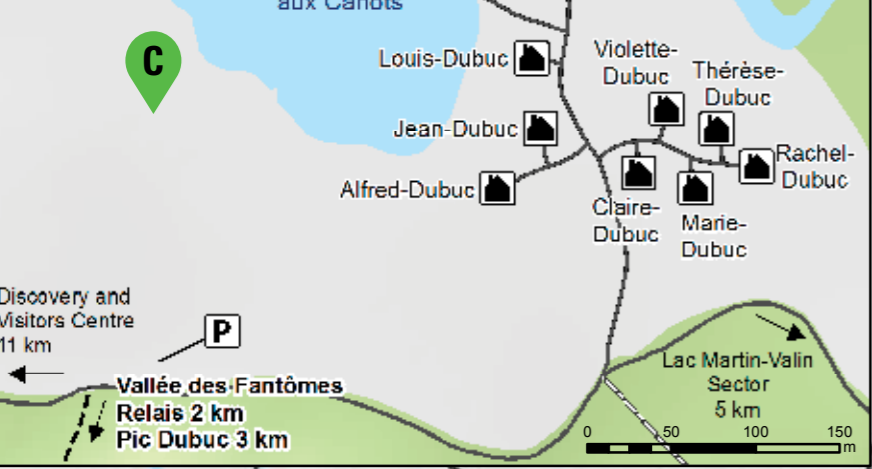
At the foot of the famous Vallée des Fantômes and Pic Dubuc, the Baie d'Alexis sector offers a range of accommodations on the shores of Lac Aux Canots. This is the perfect base camp for exploring the park along the trails or lakes. Couples, families and even groups will find what they need with our variety of accommodations, which offer both comfort and the tranquility of the boreal forest.



LAC MARTIN-VALIN SECTOR

This is a great place for speckled trout fishing by the day or with accommodations (fishing package). The comfortable cabins are also available to those who simply want to enjoy water sports and the peaceful setting. Canoeing is a great way to explore this network of lakes.

Baie d'Alexis Sector



A DETAILED MAP FOR SALE IN THE DISCOVERY AND VISITORS CENTRE

	Registration centre / Information		Lookout
	Observation deck		Rest stops
	Boutique Nature shop		Cell phone signal
	Group camping		Parking lot
	Rustic camping		Washroom
	Canoeing		Communications tower
	Cabin		Trail 4 seasons
	Waste and recycling		Summer trail only
	Shower	Dotted line icon"/>	Winter trail only
	Drinking water		Road network
	Ice climbing		National park boundary
	Rustic accommodation		Conservation zone
	Equipment rental		
	Fishing		

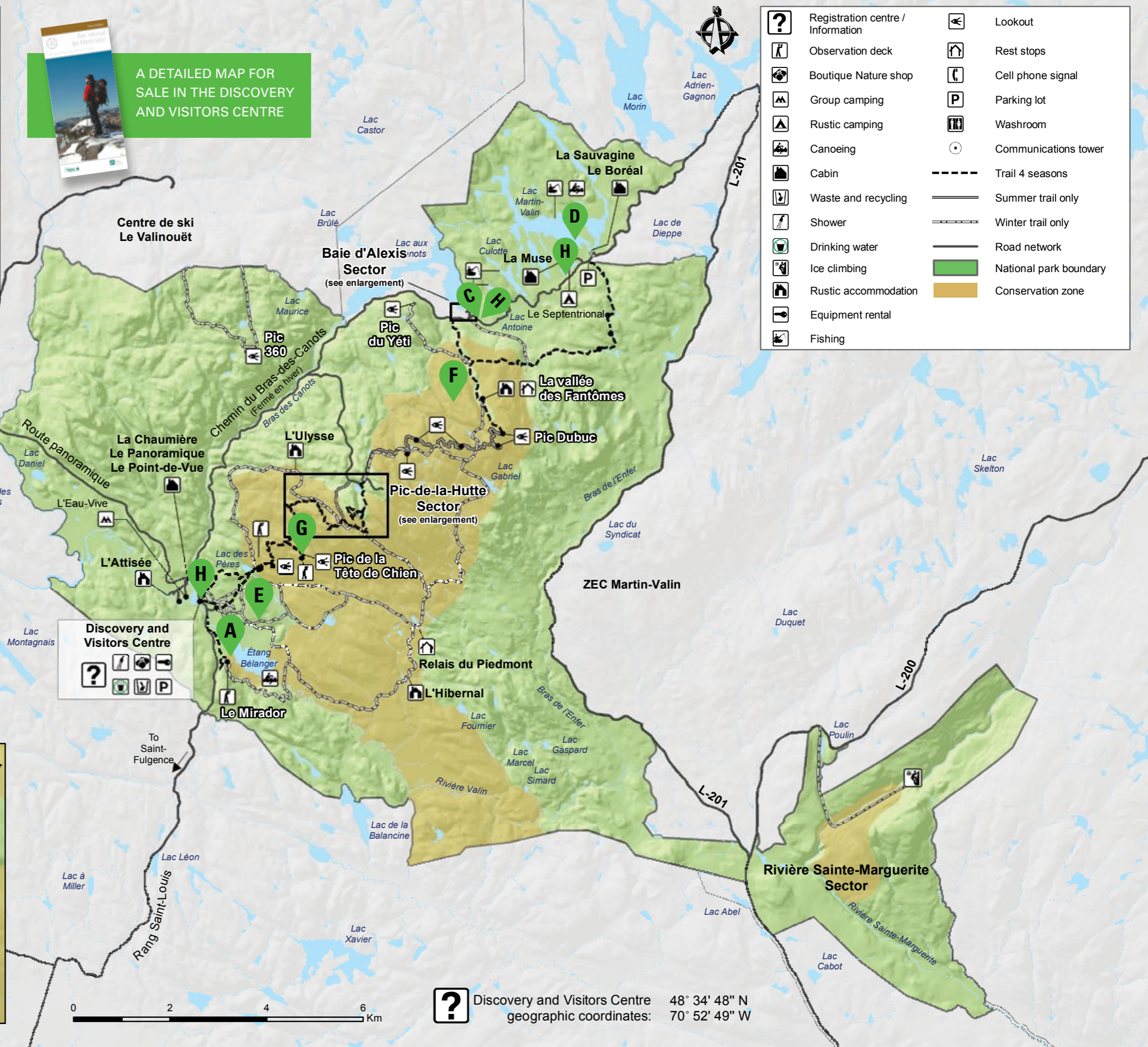
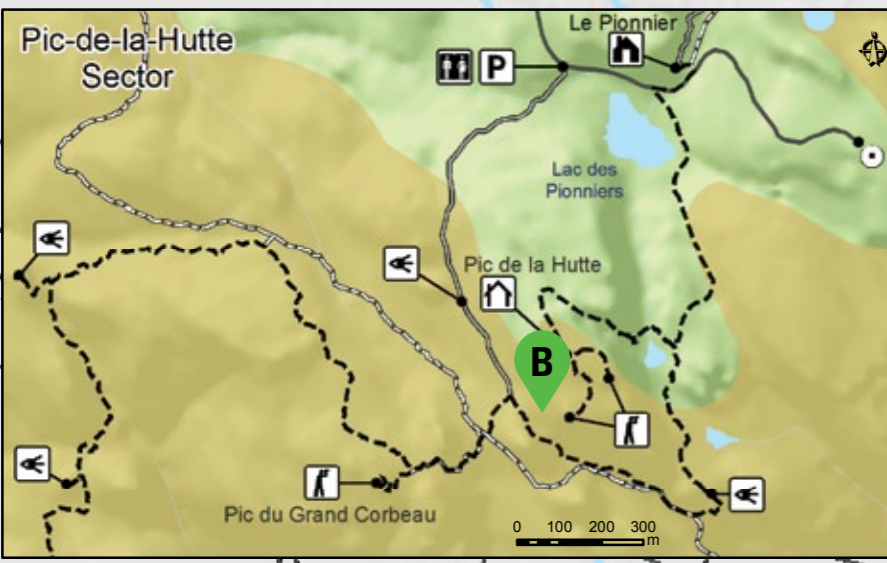
OPENING HOURS

Summer: Every day from 8:30 a.m. to 4:30 p.m. From June 1 to 7, 2018. Every day from 8 a.m. to 6 p.m. from June 6 to September 9, 2018. Open until 8 p.m. on Friday and Saturday from June 8 to August 11.

Fall: Open every day from 8:30 a.m. to 4:30 p.m. from September 10 to October 8, 2018.





Winter: Open every day from 8 a.m. to 5 p.m. from December 14, 2018 to April 1 2019.

Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale. Données originales utilisées : Années 2018, Banque de données Sépaq, Cartes topographiques à l'échelle de 1/20 000, 1986-2000. Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles © Gouvernement du Québec



Discovery and Visitors Centre geographic coordinates: 48° 34' 48" N 70° 52' 49" W

DISCOVER OUR TRAILS – SUMMER AND FALL

DESTINATION	LENGTH AND DURATION (HOURS)*	LEVEL OF DIFFICULTY	STARTING POINT
Le Mirador – Take a step back to enjoy an amazing view of the mountain and the wetlands at its base, including Étang Bélanger and the ramblings of Rivière Valin. Altitude 290m 	3 km round trip	1	F
Lac-des-Pères – This trail is easily accessible even with a stroller. There is also a bench where you can take a pleasant break by the lake. Altitude 330 m 	3 km round trip or loop	1	F
Pic-de-la-Tête-de-Chien – One of the park's most popular trails in all seasons. Several breathtaking views of the wetlands and the river. Altitude 576m	8 km round trip	2.5	D
Pic-du-Grand-Corbeau – A platform used as a starting point for paragliders also makes us feel like flying. Altitude 823m	12 km round trip	4	D
Pic-de-la-Hutte – View of a large part of the region. A challenge for hikers with a vertical drop of 670 meters. Altitude 902m	16 km round trip	5	D
Pic-de-la-Hutte – This area is more easily accessible by taking the road that goes up the mountain. A warming hut invites you for a picnic near the summit. Altitude 902m 	3 km round trip	1	F
Les Sommets – A loop that gives access to several peaks and views in the Pic De-la-Hutte sector. Altitude 902m 	5 km loop	1.5	F
Pic-Dubuc – Between Pic De-la Hutte and Pic Dubuc, this trail leads to other peaks and offers a variety of panoramic views. Altitude 984m	12 km round trip	2	I
Pic-Dubuc – One of the highest peaks in the area. The phantoms are on vacation in the summer, but the view of the area is impressive (360 degrees) at any time of year. Altitude 984m	7 km round trip	2	I
Pic-de-la-Hutte – A long day of hiking from the Baie d'Alexis area. Altitude 902m	19 km round trip	6.5	D
Pic-Dubuc – Famous for its phantoms in the winter, this trail leads to the park's highest peak (360-degree view). Altitude 984m	14 km round trip	5	D


Discovery and Visitors Centre (230 m)

Pic-de-la-Hutte parking lot (840 m)

Baie d'Alexis (660 m)

Lac Martin-Valin (680 m)

F : Easy **I** : Moderate **D** : Difficult

 Family Experience

* The durations and difficulty levels mentioned are indicative and refer to the summer season.

EQUIPMENT RENTAL

EQUIPMENT	PER HOUR	4 HOURS	PER DAY
Canoe	\$17.25	\$34.50	\$49.50
Stand up paddle board	\$17.25	\$30.00	\$43.00
Solo recreational kayak	\$15.50	\$31.50	\$45.00
Tandem recreational kayak	\$19.00	\$38.00	\$54.00
Mess kit	-	-	\$7.00
Sleeping bag	-	-	\$13.00
Life jacket	-	-	\$ 7.00
Telescopic poles	-	-	\$13.00
Wetsuit	-	-	\$13.00
Water safety kit / stay	-	-	\$7.00
Fishing boat	-	-	\$43.50
Electric motor	-	-	\$35.00



THE LARGEST NATURE AND OUTDOOR NETWORK IN QUÉBEC

The exceptional territories of Sépaq, including 24 national parks, are privileged destinations where you can enjoy all the benefits of an intimate contact with nature. Here's a special invitation from us to you: come relax at the heart of an authentic natural world that's the pride and joy of Quebecers!

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Discover all our destinations at sepaq.com



QUÉBEC NATIONAL PARKS DAY
September 8, 2018

SÉPAQ WINTER DAY
January 26, 2019



BOUTIQUES

Don't forget to visit our boutiques for a souvenir!

Profits are fully reinvested in Québec's national parks

DISCOVERY TIME – SUMMER AND FALL



HIKING

Hiking is the best way to explore the park.

Several viewpoints are accessible with different distances and levels of difficulty. (See trails chart on page 6).

Pics Hike!

25 kilometers of trails criss-cross the park from east to west through a wide variety of landscapes. The Pics trail is punctuated with several peaks ranging from 300 to 980 meters in altitude, which offer magnificent panoramas of the Monts Valins mountains and the Saguenay.

Backpacking

It is possible to hike all the way across the park in one direction or the other. There are several different starting points. Car and baggage shuttle services are available. Hikers can stay in a hut or cabin. Our advisors can help you plan your stay.

DISTANCES (kilometres)

ROUTE NAME	REGISTRATION CENTRE	LE PIONNIER HUT	LE FANTÔME HUT	ANTOINE-DUBUC LODGE	LAC MARTIN-VALIN
Lac Martin-Valin	22	13	6	7.5	-
Pavillon Antoine-Dubuc	18.5	10.5	2.5	-	7.5
Refuge Le Fantôme	16	8	-	2.5	6
Refuge Le Pionnier	8	-	8	10.5	13
Registration Centre	-	8	16	18.5	22

WATER SPORTS

The many bodies of water in this park make it a fabulous place for canoeing, recreational kayaking and stand up paddle surfing. The meanders of Rivière Valin and the many branches of Lac Martin-Valin invite you to go exploring. Book your watercraft at the Registration Centre when you arrive.

FISHING

Cast your fishing line for a day tease brook trout from June 8 to September 9, 2018. Day fishing and camping-fishing or cabin-fishing packages are available.

Québec fishing licence mandatory (available at the Discovery and Visitors Centre)



SUMMER DISCOVERY ACTIVITIES



AT THE FRONTIERS OF THE NORTH

Several elements give the park's territory flashes of northern and mountain elements: rugged terrain, abundant snow, boreal flora and high-altitude areas.

HIGH PEAKS

Pic la Hutte is 900 metres high. At this altitude, visitors notice differences in Mont Valin's vegetation, and the exceptional view from here of the Saguenay–Lac-Saint-Jean lowlands is striking and unforgettable. It is a privilege to be able to take in such a huge part of the region from one vantage point.

When you meet a park warden, discover the impact of altitude on plant and animal life. Foodies of the world will be happy to learn that there are about a dozen varieties of blueberries on the peaks...

Schedule: Saturday and Sunday from 11:30 a.m. – 4:30 p.m. from August 11 to October 8 at the Pic-de-la-Hutte rest stop.



THE WATER GARDENS OF RIVIÈRE VALIN

The flora of the riparian environments of the meandering Rivière Valin is a great treasure. The river contains vast and precious gardens, where several rare plants grow, some of which are on the list of plants species likely to be designated threatened or vulnerable. There are even some carnivorous plants here, including the strange pitcher plant (*sarracenia purpurea*).

Paddle along Rivière Valin and discover the rich flora and fauna. Explore the many twists and turns of the river and enjoy a unique view of Mont Valin. Get a free companion brochure at the Discovery and Visitors Centre.

Schedule: Every day from June to October. Canoes for rent. Participants must know how to canoe.

LAKES OF THE BOREAL FOREST

In the heart of the boreal forest, the lakes in the northern sector of the park reveal their many wild and hidden beauties to visitors. In the land of spruce, to the soothing rhythm of your paddles, discover the flora and fauna that populate this land at the frontiers of the North.

Pick up a self-discovery guide to explore the lakes of the boreal forest at your own pace.

Schedule: Every day from June to October. Canoes for rent. Participants must know how to canoe.



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Martin-Valin

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Gîte de l'Artisan

*** B&B

View on the
Saguenay Fjord
Near Cap Jaseux
and Monts-Valin
parks

119, Pointe-aux-Pins, Saint-fulgence Qc G0V 1S0
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SLEEPING UNDER THE STARS



Spend the night with us and enjoy the park to the fullest. You'll have your base camp and discover the territory at your leisure, all the while having a front-row seat to check out the wildlife in its natural habitat!

SECTOR	DISTANCE	ACCOMMODATIONS	CAPACITY	RATE STARTING AT
Registration Centre (Piedmont sector)	0.5 - 1 km	3 cabins	4 pers.	\$155.00/night
		Group Campground L'Eau-Vive	10 sites	\$8.50/adult
		Rustic shelter L'Attisée	4 pers.	\$102.00/night
Pic-de-la-Hutte	8 km	Le Pionnier Hut	8 places	\$30.00/pers.
Baie d'Alexis	10.5 km	3 NATURE Cabins	4 pers.	\$155.00/night
		5 EXP. Cabins	2 pers.	\$141.00/night
		Pavillon Antoine-Dubuc Hut	8 places	\$44.50/pers.
		Le Fantôme Hut	8 places	\$30.00/pers.
Lac Martin-Valin	15 km	4 cabins	4 places	\$155.00/night
		Le Septentrional Campground	5 sites	\$23.60/site

Notes: *Linens available for rent.
Rates are subject to change without notice.
Park entry fees and taxes not included in price.*

BEGINNING OF BOOKINGS 2019 SEASON

Cabin, rustic shelter, and yurt: April 28 (summer) and September 18, 2018 (fall/winter)

Camping and ready-to camp: October 27, 2018

1 800 665-6527 | sepaq.com

Photo : Boran Richard

Parc Aventures CAP JASEUX

Photos : Charif-David Robitaille

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CONSERVE FOR TOMORROW



PHOTOGRAPHING THE CANADIAN LYNX

In 2016, a program monitoring the lifestyle of the Canadian lynx was launched. These animals, which are attracted by the irresistible odour of olfactory lures, come and rub against rough slabs and leave a few hairs on them. By analyzing these hairs, we can learn more about their presence and some aspects of their way of life. Surveillance cameras take photographs of this discreet feline.

If you want to learn more about conservation initiatives and issues in Québec's national parks, visit parksquebec.com/blogue.



BARROW'S GOLDENEYE FINALLY SEEN

The Barrow's goldeneye is a medium-sized diving duck that has been on Québec's list of vulnerable species since 2009. During the breeding season, it usually feeds in small, fishless lakes on the mountaintops. These birds eat aquatic insects and crustaceans, abundantly available in these lakes. In the spring of 2017, after more than 15 years of monitoring and research, a pair of Barrow's goldeneyes was finally sighted on Lac des Pionniers.

A 3,680 YEAR-OLD MAPLE FOREST!

Using carbon 14 tests to date fine particles of coal buried in the ground, we learned that the maple forest near Lac des Pères has been here for at least 3,680 years. Of course these are not the same trees as back then, but there have been maple trees in this very spot since the pyramids were built! This fact definitely changes the way we look at the trees along Pic de la Tête-de-chien trail...

WINTER DISCOVERY TIME



FANTÔME EXPRESS SHUTTLE SERVICE

You can easily get to Vallée des Fantômes and the mountain accommodations by taking the Fantôme-Express shuttle. It makes daily departures from the Discovery and Visitors Centre, based on a fixed schedule. Tracked vehicles are available for winter transportation.

The schedule is available at our Discovery and Visitors Center and on our website. The trip lasts about 45 minutes. Reservations required.

SHUTTLE RATES



	Round trip	One way
Adult	\$59.50	\$41.75
Adult low season Monday to Thursday	\$50.75	\$35.50
Child 0 to 17 years old with family	Free	Free
Child 6 to 17 years old with a group	\$44.75	\$31.25



Heavy snowfall makes this park a favourite spot for snowshoers. The many peaks and valleys lead to encounters with mummies and phantoms. Several destinations are accessible from the Discovery and Visitors Centre. But for Vallée des Fantômes, we strongly recommend booking the Fantôme Express shuttle.

The Tête-de-Chien trail is a good goal for a half-day hike.

For a longer hike, over 77 km of marked trails are accessible on snowshoes or Nordic skis. Several circuits are possible and a variety of huts are available on the mountain.

Check out the winter trail map to learn more about the trails.

EQUIPMENT RENTAL

EQUIPMENT	PER DAY
Fatbike	\$20.25/1 hour
	\$40.50/4 hours
Mountain snowshoes	\$17.75
Telescopic poles	\$13.00
Mess kit	\$7.00
Synthetic skins	\$13.00
Cleats	\$7.00
Ground mattress	\$13.00
Winter sleeping bag	\$18.50
Hok skis (with poles)	\$19.75
Bedding (for the stay)	\$19.00

PHANTOMS AND MUMMIES

In the winter, blowing snow forms huge heaps, enveloping conifers in a thick white coat. The curved trees look like praying monks or lost ghosts. When the summits are covered in thick fog, more silhouettes appear at more than 900 m in altitude. These are the mummies.

Along the path leading to Pic Dubuc, answer the questions on the Phantom Rally and discover Mont Valin's winter secrets. The park warden will guide you as you explore the snowy treasures of Vallée des Fantômes.

Schedule: Every weekday from 10 a.m. to 4 p.m. from December 15 to March 24 (fees apply for the shuttle service).



ARRIVEE
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34th Edition!
OF THIS WINTER CLASSIC

tour du mont Valin ON SKIS

On Saturday, March 16, 2019, Mont Valin will become the kingdom of cross country skiers for a day. This popular timed race for cross country skiers and snowshoers offers free style and classic circuits that range in distance from 7 to 45 km. The longest make the full tour of the mountain. The course has five refreshment posts.

FOR MORE INFORMATION, VISIT WWW.TOURMONTVALIN.COM.

PARC NATIONAL DES MONTS-VALIN IS PROUD TO HOST THIS MAJOR EVENT, WHICH MARKS THE ARRIVAL OF SPRING!



VAUDE

BRENTA 40 ◀

The Brenta 40 is a sporty hiking backpack with comprehensive features that make pilgrimages and hut tours possible as well. The Aeroflex suspension system allows cool air to circulate at your back; the straps and hip wings offer a very good microclimate thanks to perforated foam.

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Amazing comfort and unsurpassed durability from the first step to the millionth! Feet stay dry and comfortable thanks to the KEEN.Dry waterproof, breathable membrane. The KEEN Durand Mid men's hiking boot is crafted with a polyurethane midsole. This men's waterproof hiker is built in Portland, Oregon.



KEEN

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One step at a time

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SAIL



FAMILY FUN IS HERE!

Photo: Mathieu Dupuis

HERE ARE A FEW EXTRAS WE HAVE IN PLACE FOR YOU TO SIMPLIFY YOUR LIFE AND TO HELP YOU SAVE MONEY.

For your children 17 years of age and under

- FREE ACCESS**
to national parks
- EQUIPMENT LOAN***
for the outdoors
- ACTIVITIES**
VARIED AND REWARDING
- ACCESSORIES***
ON LOAN FOR YOUNG CHILDREN
*Limited quantities available



Look out for this marker which identifies the ideal family

Discover all our family destinations at sepaq.com/family

OUR TOP PICKS AT PARC NATIONAL DES MONTS-VALIN

- Take a look at our not-to-be-missed offers: popular activities, trails to discover with your family, and cosy spots for a stay.
- Free for children 17 and under in a family situation:
- Equipment loan: snow shoes, Hok skis, cleats, baby backpack.
 - Loan of accessories for young children in the cabins: booster seat, playpen, tray, plastic dishes, safety gate and toilet seat.
 - Shuttle to Vallée des Fantômes and Contrée des Momies.



PLAY ^{IT} SAFE



In the wild, your **safety**
is your **responsibility**

Photo: Steve Deschênes, Parc national des Grands-Jardins

Sépaq's mission is to ensure the widest possible access to Québec's most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY** and risk management is an integral part of your experience.

Before leaving for an excursion, **MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED** to practice your chosen activity **AND RESPECT YOUR PHYSICAL LIMITS**. Your outing should leave you with nothing but pleasant memories. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them. We also invite you to consult our safety guides for Sépaq activities on our website at

sepaq.com/security

CHECKLIST

BEFORE YOU LEAVE HOME

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home


ONCE YOU ARE ON SITE


- Do not rely on your cellphone.
- Check how much time it will take to complete your activity.
- Obey signs and notices, including bans on open fires.


WHEN YOU GET BACK


- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.


REMINDERS

 During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

 To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

 Animals find all they need to eat in nature. Feeding wildlife can be very damaging. Keep food or garbage out of reach of animals.

 We ask you to carry out all your garbage.

 Domestic animals are not accepted in Québec's national parks. However, guide dogs and service dogs are admitted.

PILOT PROJECT AUTHORIZING DOGS

A pilot project is in place authorizing the presence of dogs in FRONTENAC, JACQUES-CARTIER and OKA national parks. As of May 18, 2018, the project will be expanded to include AIGUEBELLE and LAC-TÉMISCOUATA national parks. Please read the applicable rules and authorized places at sepaq.com/animals.

IN CASE OF EMERGENCY: 911

SÛRETÉ DU QUÉBEC: 310-4141 (general number) / 4141 (for cellphones)

*Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

Parc national des Monts-Valin

360, rang Saint-Louis
Saint-Fulgence, Québec G0V 1S0
Information: 418 674-1200
Reservations: 1 800 665-6527
parc.monts-valin@sepaq.com
sepaq.com/montsvalin

Legal deposit: 2018
Bibliothèque et Archives nationales du Québec

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Sépaq : Pierre Bernier, Steve Deschênes, Mathieu Dupuis,
François Guillot, Sébastien Larose, Marie Leroyer,
Jean Tanguay et Fabrice Tremblay.



WINTER MUST-DOS



E

CROSS COUNTRY SKIING AND FATBIKING

At the foot of the imposing massif, the landscape is magnificent! There are trails ranging from 2 to 12 km. The itineraries alternate between lakes and mountains, giving you an opportunity to admire the snowy scenery and bare rock walls. At the halfway point, the Piedmont warming hut is perched on a hill, offering a fabulous view of the mountain. Fatbike rental is available.

Period: December to March (depending on snow conditions). Saturdays and Sundays, as well as the Christmas holiday season and March Break weeks.



F

HIKING IN VALLÉE DES FANTÔMES

If you're looking to make peace with winter and snow, this is the perfect adventure. In the heart of Vallée des Fantômes, take a moderate 3-km trail to the top of Pic Dubuc. From there, you'll have a view as far as the eye can see of the Piedmont hills and the Mont Valin massif, as well as the Saguenay lowlands. A rest stop two kilometers from the starting point provides hikers with shelter to warm up and have a bite.

Take to Fantôme-Express shuttle for easy access to Vallée de Fantômes.



G

PIC DE LA TÊTE DE CHIEN

The trail leading to Pic de la Tête de Chien is the most popular, no matter what the season. Along the way, there are three lookouts with superb views. Up on this rocky plateau, take a moment to become a giant overlooking the kingdom of Saguenay.

The beginning of the trail is relatively flat until Lac des Pères, and then the climb gradually starts. The peak, which is 570 meters above sea level, offers a spectacular panorama of forests and lakes with a strong northern character. Those who want more kilometers and altitude can continue on to Pic du Grand Corbeau or Pic de la Hutte.



H

CABIN AND HUT ACCOMMODATIONS

At the foot of Vallée des Fantômes, Nature cabins, EXP cabins and the Antoine-Dubuc Lodge offer three types of accommodation that will meet your specific tastes and needs. They are accessible via the Fantôme-Express shuttle. Comfortable cabins at the foot of the mountain are accessible by car.

Those who love long snowshoeing or Nordic ski hikes can do a 2- to 5-day circuit along the 75 km of winter trails, spending the night in 6 mountain huts. These trails are marked, but not groomed or traced.