

PARC NATIONAL DU LAC-TÉMISCOUATA

DISCOVERY GUIDE

2018



WELCOME TO THE PARK



On one of the most spectacular bodies of water south of the St. Lawrence, park visitors can immerse themselves – on foot, on bikes or by boat – in territory humans have walked for 10,000 years.

Covering 175 square kilometres, the park stretches along one of the most spectacular bodies of water south of the St. Lawrence, protecting nearly half of its shores. Carved out by the power of glaciers, the lake is a place of peace and contemplation, with the shadows of lake trout and lake whitefish gliding beneath its surface.

It is nothing new that people have forged strong ties to this extraordinary natural landscape. Following the stone cutters and hunters, after the lumberjacks and log drivers, today we have become the protectors of this land. On the trails, on the water or during our many activities, walk in the footsteps of those who came before and discover the history of this territory and those who walked this land millennia ago.

Find out more at sepaq.com/temiscouata



**AIGLON
THE BALD EAGLE**

THE BALD EAGLE, THE PARK'S ANIMAL EMBLEM

The bald eagle is classed as a vulnerable species in Québec. Attracted by the tranquil setting and the numerous fish-filled lakes, several mated pairs nest within the park, often on tall pines with unobstructed views. Long threatened by hunting and pesticide use, the eagle population has been increasing for several years thanks to the efforts to conserve the species.

**ANNUAL QUÉBEC
NATIONAL
PARKS CARD**

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

MUST-DOS



A

LE JARDIN DES MÉMOIRES

In the heart of the park, at the outlet of the Grand Lac Touladi, dive into history and learn about the special ties forged between humans and nature for thousands of years. Archaeological digs and discovery activities await.



B

THERE'S A TRAIL FOR EVERYONE

Explore the park's many trails, including the Montagne du Fourneau, with its extraordinary views of Lac Témiscouata, or the Sutherland trail, with its magnificent waterfall and footbridges.



C

LAC TÉMISCOUATA AND THE TOULADI LAKES

Looking for sandy shores, lakeside trails or outings on the water? You'll find it all here on majestic, 40-kilometre-long Lac Témiscouata and the Touladi lakes, used for millennia as thoroughfares for travellers. Mapped water route guides are available.



D

CYCLING

Skirting the shores of Lac Témiscouata, the multiuser Grey-Owl trail connects the Passerelle and Anse-à-William sectors. From there, a boat shuttle provides transportation to the Petit-Témis bike path. Cyclists will also enjoy the park's 26 kilometres of hilly and winding paved roads.



E

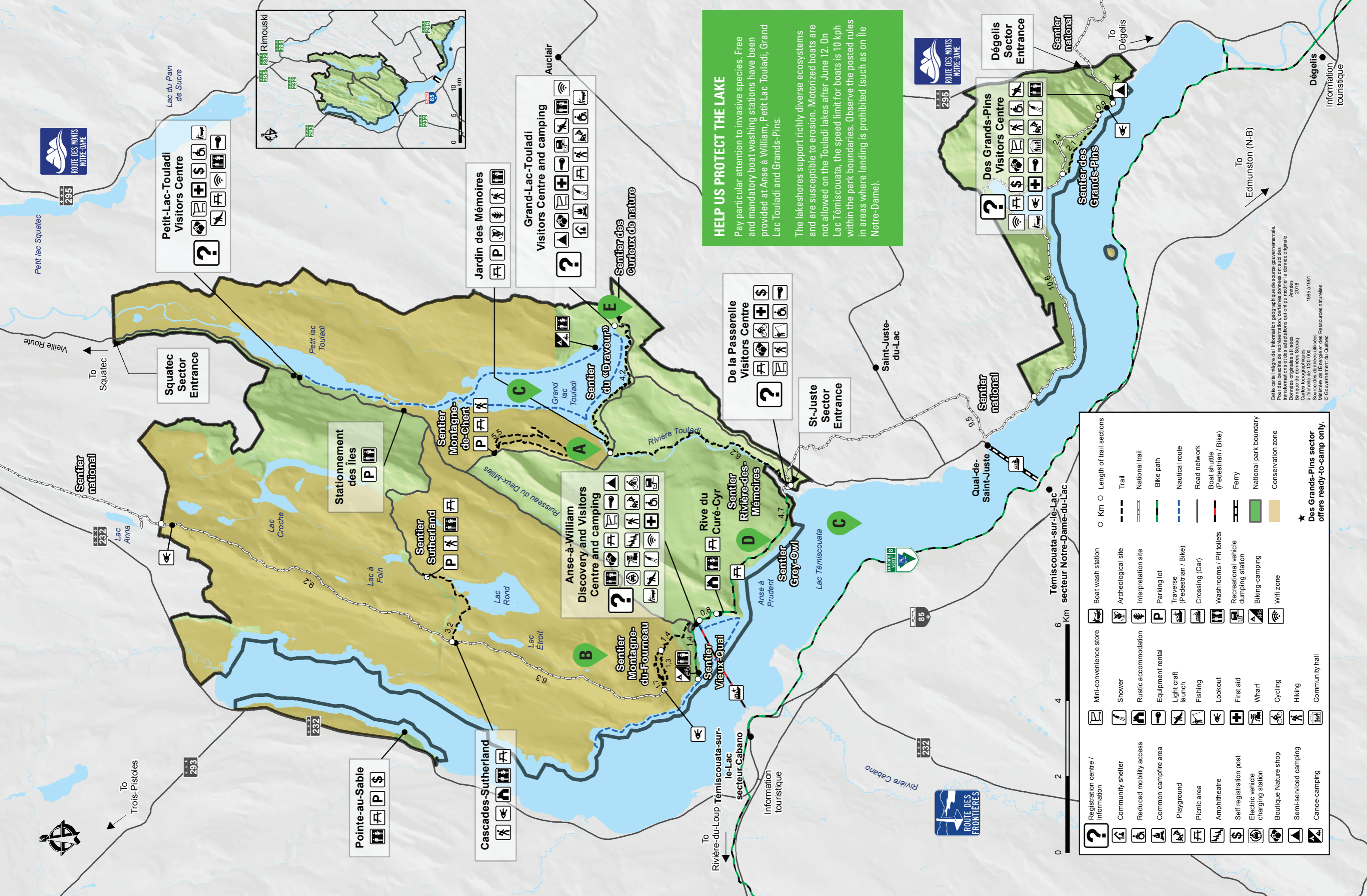
CURIEUX DE NATURE TRAIL

The first of its kind in the Sépaq network, this 720-metre trail for kids is filled with discoveries and physical challenges. Build a lodge like a beaver, jump from log to log like a river driver, hunt caribou like the first peoples, and take off on the zip-line like a bald eagle!



ACTIVITIES FOR EVERYONE

A thrilling tale, an adventure in a rabaska canoe, a Little Biologist experience... you'll be enchanted with our activities for the whole family! Take part in a real archaeological dig, observe bald eagles and discover the history of this territory. Travel through time with activities blending nature and culture!



Petit-Lac-Touladi Visitors Centre

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Squatec Sector Entrance

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Pointe-au-Sable

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Cascades-Sutherland

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Anse-à-William Discovery and Visitors Centre and camping

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Jardin des Mémoires

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Grand-Lac-Touladi Visitors Centre and camping

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

De la Passerelle Visitors Centre

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

St-Juste Sector Entrance

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Des Grands-Pins Visitors Centre

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
- Light craft launch
- Fishing
- Lookout
- First aid
- Wharf
- Cycling
- Hiking
- Community hall

Dégelis Sector Entrance

- Information
- Registration
- Accessibility
- Restrooms
- Water
- Electricity
- WiFi
- Cellular service
- Interpretation
- Shower
- Accommodation
- Equipment rental
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- Wharf
- Cycling
- Hiking
- Community hall

HELP US PROTECT THE LAKE

Pay particular attention to invasive species. Free and mandatory boat washing stations have been provided at Anse à William, Petit Lac Touladi, Grand Lac Touladi and Grands-Pins.
































The lakeshores support richly diverse ecosystems and are susceptible to erosion. Motorized boats are not allowed on the Touladi lakes after June 12. On Lac Témiscouata, the speed limit for boats is 10 kph within the park boundaries. Observe the posted rules in areas where landing is prohibited (such as on Île Notre-Dame).

	Registration centre / Information		Boat wash station		Km		Length of trail sections
	Community shelter		Archeological site		Trail		National trail
	Reduced mobility access		Interpretation site		Bike path		Nautical route
	Common campfire area		Parking lot		Road network		Boat shuttle (Pedestrian / Bike)
	Playground		Traversal (Pedestrian / Bike)		Crossing (Car)		Ferry
	Picnic area		Washrooms / Pit toilets		Recreational vehicle dumping station		National park boundary
	Amphitheatre		Biking-camping		Wifi zone		Conservation zone
	Self registration post		Wifi zone				
	Electric vehicle charging station						
	Boutique Nature shop						
	Semi-serviced camping						
	Canoe-camping						

★ Des Grands-Pins sector offers ready-to-camp only.

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 : Banque de données Sépaq à l'échelle de 1:20 000. Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles © Gouvernement du Québec. 1985 à 1991. 2016.

DISCOVER OUR TRAILS

DIFFICULTY	TRAILS	DISTANCE, DURATION AND ELEVATION CHANGE	TRAILHEAD	
 I	MONTAGNE-DU-FOURNEAU TRAIL  The wealth of beauty in the Monts Notre-Dame is accessible to all, with a pine forest classified as an "exceptional forest ecosystem" and stunning vistas over Lac Témiscouata and the surrounding area. This trail is a must!	5.8 km (loop) 2-hour hike Elevation change: 185 m	Anse-à-William Discovery and Visitors Centre	
 I	RIVIÈRE-DES-MÉMOIRES TRAIL Travel back in history as you walk along the banks of one of the most beautiful rivers in the park. Listen to the water's gentle murmur and watch the bald eagles overhead as you explore the delightful meanders.	12.4 km (out-and-back) 4-hour hike Elevation change: 10 m	Jardin des Mémoires or Passerelle Visitors Centre	
 I	SUTHERLAND TRAIL  Follow the rivers and lakes of this sloping landscape to reach the famous Sutherland falls. Enjoy interesting stops along the way and the vistas over Lac Rond. Cross a beautiful marsh on a boardwalk.	6.4 km (out-and-back) 2½-hour hike Elevation change: 40 m	Sutherland parking area	
 I	MONTAGNE-DE-CHERT TRAIL  This trail is your path to a magical world. Fall under the spell of an old maple grove, take a break at the lookouts over the Lacs Touladi, and soak up the magic of this mountain where the first people who lived in the region often roamed.	5.5 km (loop) 2-hour hike Elevation change: 100 m	Montagne de Chert parking area	
 I	"DRAVEUR" TRAIL  A natural link between the Jardin des Mémoires and the sandy banks of Grand Lac Touladi, the "Draveur" trail, named for the log drivers of old, will also lead you to explore these history-filled shores.	8.4 km (out-and-back) 3-hour hike Elevation change: 5 m	Jardin des Mémoires or Grand-Lac-Touladi Visitors Centre	
 I  E	GREY-OWL TRAIL  Head southwest from Anse-à-William, stop at the picnic area on the sandy bank of Curé-Cyr point (0.8 km), then continue your hike to reach the footbridge over Rivière Touladi.	11 km (out-and-back)  3 h 30  1 h Elevation change: 15 m	Anse-à-William Discovery and Visitors Centre or Passerelle Visitors	
 E  E	VIEUX-QUAI TRAIL  A short hike heading northwest from Anse-à-William will lead you to the Vieux Quai, the old pier that stands as a witness to the park's rich past!	2.8 km (out-and-back)  1 h  15 min	Anse-à-William Discovery and Visitors Centre	
 I	THE GRANDS-PINS TRAIL From one rocky outcrop to the next, climb above Lac Témiscouata to take in the incredible views. Either out-and-back or loop. The return portion of the loop is on the National Hiking Trail, which leads through the heart of the mountainside forest on somewhat rougher and more challenging footing.	6 km (out-and-back) 2 h Elevation change: 10 m 6.3 km (rustic loop trail) 2½-hour Elevation change: 95 m	Grands-Pins Visitors Centre	
 D	NATIONAL HIKING TRAIL Backpackers can traverse the entire park and explore its various ecosystems on 37 km of forest trails. Accommodations are available in trail huts, campgrounds or ready-to-camp. Ask for details! Elevation change: 220 m			
	CYCLING ROUTE Road bikers will enjoy the winding, hilly course of the park's 26 km of paved, shared roads, including the section between Anse à William and Grand Lac Touladi, passing near the Montagne de Chert and the Jardin des Mémoires.			



E : Easy

I : Intermediate

D : Difficult

PILOT PROJECT AUTHORIZING DOGS



A pilot project is in place authorizing the presence of dogs in five national parks, including Parc national du Lac-Témiscouata which will join the project during this third year. Sépaq is conducting this project subject to conditions in order to measure how visits and the natural environment might be affected.

Main rules*

- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash no more than three (3) metres in length and under surveillance at all times.
- The person in charge of the dog must pick up the animal's excrement without delay and dispose of it in a hygienic manner.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the rules is the key to success of the pilot project
Consult all the rules at sepaq.com/animals.

AUTHORIZED PLACES AT PARC NATIONAL DU LAC-TÉMISCOUATA

Dogs are admitted only in Anse-à-William sector.
Dogs are allowed only from May 18 to October 15, 2018.

SUMMER TRAIL	Grey Owl
	Vieux-Quai
CAMPING	Anse-à-William campground (except for Ready-to-camp and playground)
NAUTICAL ACCESS POINT	Pier near the Anse-à-William Discovery and Visitors Centre
	Via the Vieux-Quai trail: put-in for small craft and directly from the shore at the Vieux-Quai
PICNIC AREA	Vieux-Quai

RENDEZVOUS WITH DISCOVERY



From June 22 to July 13 and from
Aug. 20 to Sept. 3

From July 14
to Aug. 19

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.				
TALES AND LEGENDS	A TREE'S MEMORIES 📍 Anse à William ⌚ 45 min Free													7:30 pm				
	FIRESIDE TALES 📍 Grand lac Touladi ⌚ 1 h Free							7:30 pm			7:30 pm			7:30 pm				
EXCURSIONS	VOYAGE OF THE MALISEET BY RABASKA 📞 Advance registration required (max. 11 pers.*) 📍 Stationnement des Îles ⌚ 2½ h \$19.50 Children: Free (6 and over*)							2 pm	2 pm	2 pm	2 pm		2 pm	2 pm				
	RABASKA OUTING AT DUSK 📞 Advance registration required (max. 11 pers.*) 📍 Stationnement des Îles ⌚ 1½ h \$15 Children: Free (6 and over*)										July 7:30 pm August 23 7 pm		July 7:30 pm August 23 7 pm		July 7:30 pm August 5 7 pm	July 7:30 pm August 5 7 pm		
	GUIDED HIKE ON MONTAGNE-DU-FOURNEAU 📍 Anse à William ⌚ 3 h Free												1:30 pm			1:30 pm		
ARCHEOLOGY	MEET-UP WITH OUR ARCHAEOLOGIST** 📍 Anse à William ⌚ 1 h Free									7:30 pm		7:30 pm			7:30 pm			
	AN INVESTIGATION AT THE JARDIN DES MÉMOIRES 📍 Jardin des Mémoires ⌚ 1 h Free													3:30 pm	3:30 pm			
	DISCOVER STONE-WORKING** 📞 Advance registration required (max. 12 pers.*) 📍 Anse à William ⌚ 1½ h \$5 Children: Free (14 and over*)													10 am	10 am			
	ARCHAEOLOGICAL DIGS** 📞 Advance registration required (max. 4 pers.*) 📍 Jardin des Mémoires ⌚ 2 h \$22.50 Children: Free (10 and over*)									1 pm 3:30 pm	1 pm	1 pm 3:30 pm	1 pm	1 pm	1 pm	1 pm		
	CRAFTS OF THE FIRST NATIONS 📞 Inscription obligatoire (places limitées) 📍 Grand lac Touladi ⌚ 1½ h 5 \$ Children: Free (6 and over*)													1 pm Clay	1 pm Leather	1 pm Clay	1 pm Leather	1 pm Clay
	A STRANGE DISCOVERY 📞 Advance registration required (max. 12 pers.*) 📍 Anse à William ⌚ 1½ h Free													10 am			10 am	
NATURAL ENVIRONMENTS	LITTLE BIOLOGISTS 📞 Advance registration required (max. 12 pers.*) 📍 Grand lac Touladi ⌚ 1½ h \$5 Children: Free*									10 am					10 am			
	DISCOVER THE BALD EAGLE 📍 Jardin des Mémoires ⌚ 1 h Free							3:30 pm						3:30 pm	3:30 pm			
	NATURE FOR YOUR LITTLE ONES 📞 Advance registration required (max. 20 pers.*) 📍 Grand lac Touladi ⌚ 1 h Free (0 to 8 years*)							10 am				10 am		10 am				
	SHINING A LIGHT ON THE STARS 📍 Anse à William ⌚ 1 h Free														8:30 pm			
	SOS BATS 📍 Anse à William ⌚ 1 h Free								7:30 pm					7:30 pm		7:30 pm		

ACTIVITIES OFFERED IN FRENCH ONLY. SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE *Children must be accompanied by an adult. **From June 30 only.

TALES AND LEGENDS

A TREE'S MEMORIES

Come hear the amazing story of a forest spirit and an ancient pine who tell about the relationships that connect all the inhabitants of the forest.



FIRESIDE TALES

Around a campfire on the shores of Lac Touladi, come listen to the rich history and legends of this unique place – from the first humans to the logging camps.



NATURAL ENVIRONMENTS

LITTLE BIOLOGISTS

Step into the shoes of a member of our conservation team. Help take stock of the park's health, then use a microscope to look at the samples you collect in the field.

DISCOVER THE BALD EAGLE

A park warden will present the park's emblematic animal, with images captured by a camera installed near a nest. You might even be lucky enough to see one!

NATURE FOR YOUR LITTLE ONES

A game of tracking, identification... and yoga! Open their eyes to the wonders of nature with this fun activity.



SHINING A LIGHT ON THE STARS

The starry night sky is one of nature's grandest spectacles. Join us to celebrate the stars, rain or shine!

SOS BATS

These small mammals, denizens of our nighttime stories, are in significant decline. Join us for this exciting saga, unmasking these mysteriously beautiful creatures.

EXCURSIONS

VOYAGE OF THE MALISEET BY RABASKA

Take part in a journey through time. In this wonderful outing on the water, experience a bit of the life of a Maliseet family exploring the beauty and abundance of this place.



RABASKA OUTING AT DUSK

Discover the magic of the Touladi lakes as you glide over the peaceful waters. You might be lucky enough to see beavers wending their way along the shores.

GUIDED HIKE ON MONTAGNE DU FOURNEAU

Listed as an exceptional forest ecosystem, the mountain reveals its most closely guarded secrets on this hike led by our naturalist.

ARCHEOLOGY

MEET-UP WITH OUR ARCHAEOLOGIST

Our archaeologist reveals the great human epic that has been written on the park's territory for over 10,000 years.

AN INVESTIGATION AT THE JARDIN DES MÉMOIRES

Learn about archaeology, history and the ancient relationships between nature and culture within the park.

ARCHAEOLOGICAL DIGS

Come help with the dig at a real archaeological site and take part in the research conducted by our experienced archaeologist.



DISCOVER STONE-WORKING

For thousands of years, the ability to work stone to make tools and weapons was a highly valued skill. Try your hand at this activity and take home your handmade tool.



CRAFTS OF THE FIRST NATIONS

Like the first inhabitants of this land, use traditional tools and techniques to create your own handmade souvenir of your visit to the park.

A STRANGE DISCOVERY

Uncover the evidence and buried objects, ask the right questions, pass the tests... and you'll discover the mystery behind a strange discovery.

EQUIPMENT RENTAL

EQUIPMENT	LOCATION	1 h	4 h	FULL DAY
Canoe	2-4-6	\$17.25	\$34.50	\$49.50
Solo recreational kayak	2-3-4-6	\$15.50	\$31.50	\$45.00
Tandem recreational kayak	3-4-6	\$19.00	\$38.00	\$54.00
Solo sea kayak	3-4-6	\$17.50	\$35.50	\$50.50
Tandem sea kayak	3-4-6	\$23.75	\$47.50	\$67.75
2-seater aluminum pedal boat	4-6	\$20.00	\$40.00	n/a
4-seater aluminum pedal boat	4-6	\$23.75	\$46.25	n/a
Stand-up paddle board	4-6	\$17.25	\$30.00	n/a
Adult bicycle	3-4-5-6	\$14.25	\$28.50	\$41.00
Children's bicycle	3-4-5-6	\$7.00	\$14.25	\$20.50
Life jacket, single- or double-bladed paddle (without boat rental)				\$7.00

Bedding rental available

Floating dock available free of charge at Anse-à-William Due to the shallow draft, only boats under 21 feet/7 metres in length are allowed.

Ask about renting an iPhone with the Park Path Explorer app or equipment for the family. 

LOCATIONS

- 2- Petit Lac Touladi
- 3- Anse à William
- 4- Grand Lac Touladi
- 5- Passerelle
- 6- Grands Pins

INCLUDED WITH RENTAL

Life jacket, safety kit, single- or double-bladed paddles.

RENTAL TERMS

- Photo ID required
- Additional fee if equipment not returned to the location where it was rented or if returned late
- Equipment may differ from sector to sector



MORNING ON THE WATER

50% DISCOUNT ON MORNING WATERCRAFT RENTALS

Present your campground receipt and a photo ID (required). Valid only for one-hour rentals.

The watercraft must be returned by noon. No reservations, limited quantities. One discount per person per day. Equipment may differ from sector to sector of the park.

LE CIRCUIT DES SAVEURS



- 1 FROMAGERIE LE DÉTOUR
- 2 VIV-HERBES
- 3 AMARANTE
- 4 DOMAINE ACER
- 5 TENTATIONS GOURMANDES
- 6 MAISON SIMPLEMENT BON
- 7 LE SECRET DES DIEUX
- 8 LA JARDINIÈRE



Dépliant disponible

Sur présentation de votre visite au parc ou chez l'un de nos partenaires, obtenez un p'tit cadeau... **DEMANDEZ-LE !**



ECO-FRIENDLY FIRE STARTER

1 FREE firelighter when you buy 2 bundles of wood

Made of recycled materials.

Burns for 10 to 12 minutes.

Manufactured by Tommy, a young entrepreneur from Témiscouata.



SLEEPING UNDER THE STARS



CAMPGROUND

Anse à William:

- 72 campsites (with or without water and electrical hook-ups)
- 5 campsites "Bienvenue Cyclistes!"
- Trail hut
- Near Lac Témiscouata, hiking and biking trails and the Petit-Témis bike path (via boat shuttle or ferry)
- Pilot project authorizing dogs (details on page 6)

Grand lac Touladi:

- 66 campsites (with or without water and electrical hook-ups)
- 3 wooden platforms for canoe-camping
- Near Grand lac Touladi. Family-focused facilities.
- Explore the Curieux de Nature Trail and enjoy activities on the water.

Starting at
\$29⁷⁵ /night

READY-TO-CAMP

A simple and comfortable way to experience the joys of camping without hauling your own gear.

Anse à William:

- 9 units along Lac Témiscouata

Grands Pins:

- A small village of 14 units.
- Located 10 km from the Trans Canada Highway, in a very peaceful spot with great access to Lac Témiscouata.
- Just 5 km from Petit-Témis bike path.

Starting at
\$90⁰⁰ /night



All campgrounds have playgrounds

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 experiences.

Discover all our family destinations at sepaq.com/family

OUR TOP PICKS

AT PARC NATIONAL DU LAC-TÉMISCOUATA

Take a look at our not-to-be-missed offers: popular activities, trails to discover with your family, and cosy spots for a stay.

- Curieux de Nature Trail
- Voyage of the maliseet by rabaska
- Little biologist
- Crafts of the first nations
- Grey-Owl Trail (on foot or by bike)
- Screened shelter at Grand-Lac-Touladi



CONSERVE FOR TOMORROW



10,000 YEARS OF HISTORY

To date, a total of 54 archaeological sites have been identified within the park. The park's archaeologist closely monitors these sites, as many of them are threatened by human and natural factors and some are being rapidly degraded. To address this problem, the park has created a heritage management plan and a project to conserve the sites subject to erosion.

Fascinated by history? Take part in real excavations with our archaeologist at the Jardin des Mémoires.

WHAT TO DO IF YOU FIND AN ARTEFACT

An artefact's location, its context relative to other objects, and its depth in the ground are all clues that help archaeologists decipher our history. Any artefact that disappears or is moved is a piece of our past that is lost forever. Please follow these few simple rules. Do not pick up or keep any artefacts. Do not dig in or disturb the surface of the ground. If you see an artefact or other archaeological evidence, leave it in place, make note of the location and inform the park staff.

LAKE TROUT SPAWNING GROUNDS

The lake trout found in Lac Témiscouata is a salmonid very popular with anglers. In recent years, researchers have reported problems with lake trout reproduction that may be attributable to reductions in the quantity and quality of its spawning grounds. Researchers have attached transmitters to some specimens to track them to their spawning grounds in this vast lake. The data collected will help the park staff determine what measures are needed.

AN INVASIVE SPECIES IN LAC TÉMISCOUATA

The Eurasian water-milfoil is an invasive exotic aquatic plant. When present, it alters the composition of natural ecosystems and disrupts local biodiversity. Its proliferation also has a negative impact on tourism and resorts. Large stands of this plant have been identified in Lac Témiscouata, so the park's conservation team is conducting an inventory and developing an intervention plan. A reminder: it is very important to wash your boat to help limit spread of this invasive plant.



Did you know that the park covers about 80% of the territory of the largest herd of white-tailed deer in the Bas-Saint-Laurent?



HELP US PROTECT THE BALD EAGLE

The eagles are nesting! To protect the eaglets, we ask that you respect the privacy of our eagle families by not going beyond the buoys installed around the nesting area of this vulnerable species. Bald eagles can be easily observed within the park. A camera installed near one of the nests provides great images of their nesting activity.

Come meet our park warden at the Jardin des Mémoires to participate in the “À la découverte du pygargue” activity

Did you know that – to protect the health of its ecosystems – the park conducts some 20 environmental monitoring programs and 16 conservation projects, many in collaboration with ministries, conservation organizations and the Maliseet First Nation?



HELP US PROTECT THE PARK

These small acts will help us keep this natural environment healthy for a long time. Do not feed the animals. Nature already provides them with everything they need. Feeding them changes their behaviour and decreases their ability to survive. Do not burn dead wood found in and around the campgrounds. Dead branches and trees provide food and shelter for animals. As they decompose, dead trees also nourish the soil. Stay on the trails. Tens of thousands of visitors visit the park every year. By staying on the trails, we limit our impact to a restricted area.

HOW MANY SPECIES ARE FOUND IN THE PARK?

According to our current knowledge, there are more than 500 plant species within the park, including 30 that are rare locally and 10 that are designated threatened or likely to be so designated. The park is also home to over 150 species of birds, 8 of which are designated threatened or likely to be so designated, as well as some 40 species of mammals, 20 species of fish (including two rare forms), and 7 species of amphibians and reptiles.

Did you know that about ten university and government researchers are carrying out research projects within the park?

Check the list of the park's species on our website and download the Park Path Explorer app to learn more.

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 coverage for these risks from an insurer.

Parc national du Lac-Témiscouata

400, chemin de la Vieille Route, C.P. 28
Squatec (Québec) G0L 4H0
Information : 418 855-5508
Reservation : 1 800 665-6527
Mail : parc.lac-temiscouata@sepaq.com
sepaq.com/temiscouata

Legal Deposit: 2018
Bibliothèque et Archives nationales du Québec

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Informations sur les activités durant l'été

- Tournoi de balle-molle (20-21-22 juillet 2018)
- Feu de la St-Jean (23 juin 2018)
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- Skatopark



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À FAIRE

- Tournoi de pêche 9 juin 2018
- Festival du Bootlegger 27 au 29 juillet 2018

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 **Municipalité de Rivière-Bleue**
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TÉMISCOUATA, CYCLING DESTINATION



Photo: Marie-Josée Dubé



Boat shuttle

(pontoon boat for pedestrians and bikes)

\$7/person/per one-way crossing, taxes included.
Children: free if with their family.
Témiscouata-sur-le-Lac (Cabano) to the Anse à William (park). Park entry fee not included.

Reservations required for departure from the park:
418-855-5508, ext. 0

SCHEDULE FROM JUNE 22 TO SEPTEMBER 3, 2018:
Leaves the park: 9:30 am, 10:30 am, 11:30 am, 1:30 pm, 3:30 pm, 5 pm
Leaves Cabano: 9:45 am, 10:45 am, 11:45 am, 1:45 pm, 3:45 pm, 5:15 pm

Additional crossings possible.

Témiscouata-sur-le-Lac
(CABANO district)

Registration centre / Information

Semi-serviced camping

Crossing (Car) (\$)

Traverse (Pedestrian/Bike) (\$)

Entry fee required at the park.



M.V. CORÉGONE FERRY

Saint-Juste-du-Lac—Témiscouata-sur-le-Lac
(Notre-Dame-du-Lac district)

The ferry serves all vehicle categories,
pedestrians and cyclists. No reservation
necessary.

Fees and schedule: traversedutemiscouata.com

Témiscouata-sur-le-Lac
(NOTRE-DAME-DU-LAC district)

To Edmundston (N-B)

PETIT-LAC-TOULADI
VISITORS CENTRE

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tourismetemiscouata.qc.ca
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GRAND-LAC-TOULADI
VISITORS CENTRE

1 ROAD CYCLING | 26 KM

Winding, hilly route (paved, shared roads)

2 GREY-OWL TRAIL | 5.5 KM

Bike path (stone dust)

3 BIKE FROM SHORE TO SHORE | 24 KM

Loop trail

Suggested route:

- Take the boat shuttle from the Cabano district in Témiscouata-sur-le-Lac to the park (Anse à William)
- Bike the multi-user Grey-Owl trail (5.5 km on stone dust)
- Cross the footbridge over Rivière Touladi, then continue on Chemin du Lac (6 km on asphalt and gravel; hilly; shared road)
- Board the M.V. Corégone ferry to go to the Notre-Dame-du-Lac district
- As you leave the ferry, turn right onto the bike trail (stone dust) and continue 12.5 km to the starting point

4 PETIT TÉMIS / ROUTE VERTE #8 | 91 KM

Interprovincial trail (stone dust)

Bike path, southern portion | 63 km
From Témiscouata-sur-le-Lac (Cabano) to Dégelis | 28 km

5 CIRCUIT CYCLOSPORTIF | 55 KM

Old Route 185 (paved, shared roads)

295

To
Rivière-du-Loup

ANSE-A-WILLIAM DISCOVERY
AND VISITORS CENTRE

DE LA PASSERELLE
VISITORS CENTRE

St-Juste
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Entrance

To
Dégelis

DES GRANDS-PINS
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