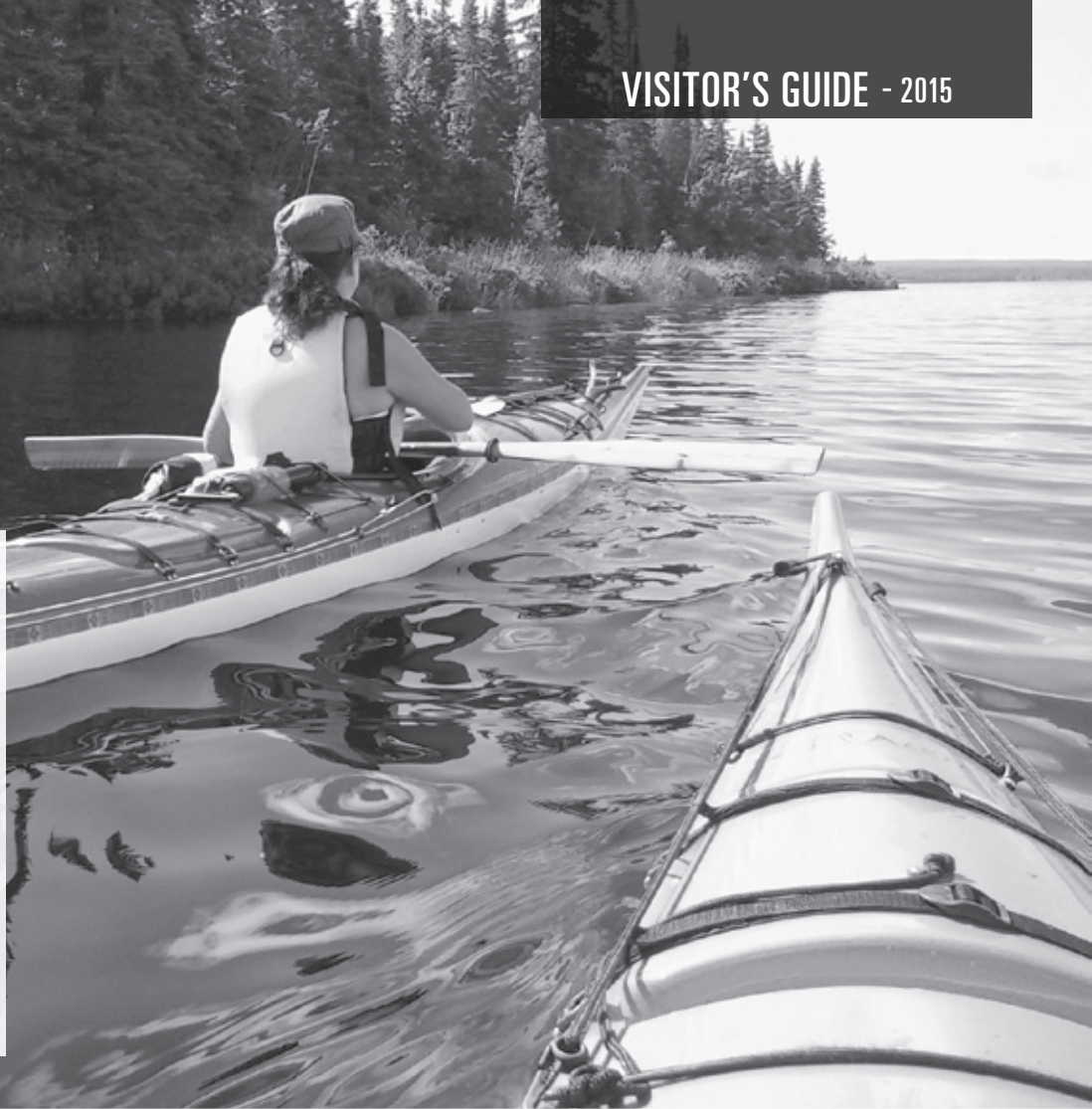




PARC NATIONAL DE FRONTENAC

You feel the need to take a break and reconnect with nature? Whether you're hiking in an enchanting scented peatland, canoeing under the watchful eye of the great blue heron or bike riding amidst the singing of the forest birds, the Parc National de Frontenac invites you to unforgettable moments to be enjoyed with your family. The finishing touch to this incredible journey: gathering around a campfire with those you love, listening to the common loon's concerto under the stars.



HIGHLIGHTS

BÉLISLE CABIN

During your next visit, enjoy the new Nature Bélisle cabin, located along the Lac des Îles, at the heart of a wooded and intimate environment. Canoe and rowboat are provided for a quiet outing on the lake. An invitation to get away!



LES PASSEREAUX

Through hills and forests, this bike trail takes you to the Baie Sauvage campground and offers several stops along the way to discover the birdlife. Keep your eyes and ears open – all kinds of forest and marsh birds will be waiting for you!



DISCOVER THE STAND UP PADDLE

Commonly known as "SUP", this sport is a mix between kayaking and surfing. Standing on a very large surfboard, you advance with the help of a paddle. So much fun!





PLAY IT SAFE

YOUR SAFETY: YOUR RESPONSIBILITY

Outdoor activities may entail certain risks.

You must always make sure that you have the ability and special skills required for your chosen activity. It is very important to know your physical ability and limits.

For several years now, Sépaq has ensured the greatest possible access to Québec's most beautiful natural treasures. An essential part of this mission is our concern for visitor safety.

Sépaq hopes that your outdoor experience will be memorable and urges you to *Play it Safe!*

All visitors remain responsible for their own safety, with risk management being an integral part of the outdoor experience. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

We invite you to consult our safety guides for Sépaq activities on our Web site sepaq.com/security.

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.

sepaq.com/security

REMINDER

Sépaq would like to remind you that some of the activities offered in the network require that you be physically fit and have specific skills as well as specialized equipment. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them.

AirMédic
airmedic.net | 1-877-999-3322

Aventure Écotourisme Québec
aventure-ecotourisme.qc.ca | 1-866-278-5923

Bureau de la sécurité nautique
tc.gc.ca | 1-800-267-6687

Camping Québec
campingquebec.com | 1-800-363-0457

Fédération québécoise des chasseurs et pêcheurs
fedecp.qc.ca | 1-888-523-2863

Fédération québécoise de la marche
fqmarche.qc.ca | 1-866-252-2065

Fédération québécoise de la montagne et de l'escalade
fqme.qc.ca | 1-866-204-3763

Fédération québécoise du canot et du kayak
canot-kayak.qc.ca | 514-252-3001

Ski de fond Québec
skidefondquebec.ca | 450-744-0858

Sopfeu
sopfeu.qc.ca | 1-800-463-3389

Vélo Québec
velo.qc.ca | 1-800-567-8356

IN CASE OF EMERGENCY 911

SÛRETÉ DU QUÉBEC
310-4141 (general number) / *4141 (for cell phones)
Where cell phone networks are available.

A FEW REMINDERS FOR A BETTER OUTDOOR EXPERIENCE

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 footwear.
- Pack extra clothing (raincoat, warmer clothes, etc.).
- Make sure that the equipment you will be using during the activity is in good condition.
- Bring a whistle, a flashlight, a first-aid kit, etc.
- Let somebody know the exact location of your destination and the date you plan to return home, with instructions to contact emergency services (911) if you do not return.
- Inform the persons accompanying you of the inherent risks of the chosen activity.

ONCE YOU ARE ON SITE

- Do not count on your cell phone: in most areas, you will be unable to get a signal.
- Obtain a map of the area.
- Check how much time it will take to complete your activity.
- Follow the instructions that apply to each activity.
- Obey signs and notices, including bans on open fires.
- Never leave children unsupervised.
- Boil or treat (filter, chlorine or iodine) water from rivers and streams before drinking.
- When camping, pack your food in airtight containers and keep it out of reach of animals.
- Should you find that a piece of equipment or an accessory is missing or defective, stop using it and inform the staff on site of the situation as soon as possible.

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.

MUST-DOS TO SEE AND DO

PEDAL AWAY AT THE LITTORAL

The Saint-Daniel sector biking trail offers a sinuous path that allows you to appreciate the vastness of Grand Lac Saint-François. The numerous rest stops offer unique lookout points, and the sunsets at Pointe-aux-Pins are breathtaking!



CANOEING THROUGH AN ECOSYSTEM

Discover lac à la Barbu, a true water garden filled by a multitude of water lily varieties! The lake and its many marshes are home to a wide variety of plant and animal life. Starring: the great blue heron, the beaver and the otter. Canoe and kayak rentals available.



WARNING... CARNIVOROUS PLANTS!

The peatland of the Saint-Daniel sector is one of the rare intact bogs in Southern Quebec. It is home to several species of carnivorous plants and many rare orchids. Easily accessible, the peatland trail is outfitted with a wooden footpaths. The area includes two observation towers and many discovery panels.



ANIMATED RABASKA CANOE

EXCURSIONS

Accompanied by a naturalist park warden, live a unique experience by participating in an activity of discovery in a rabaska canoe! Exploration Baie aux Rats-Musqués; Exploration Baie Sauvage. Schedule of the rabaska activities, see page 9.



Southern sector : GPS : 45° 50' 39 N -71° 09' 24 O
599, chemin des Roy, Sainte-Praxède (Qc) G0M 1H1
Tel.: 418 486-2300 ext.: 270 • Fax: 418 486-2226

Saint-Daniel sector : GPS : 45° 58' 49 N -71° 09' 53 O
177, route du Parc de Frontenac, Saint-Daniel (Qc) G0N 1S0
Tel.: 418 422-4021

Email : parc.frontenac@sepaq.com
Booking: 1 800 665-6527
www.parcquebec.com/frontenac
www.facebook.com/parcnationaldefrontenac



Take a virtual tour of the park at
nadeauphotosolution.ca/parc_frontenac/360.html



CANTONS DE L'EST.COM
C'est ici que je veux Être



Photographs: Randall Innes, Mathieu Dupuis, Dany Cloutier, Lise Quirion, Lucie Laroche, M-C. Lacombe, Cindy Turmel, Daniel Gélinau, Donald Bisson, Éric Lessard, David Picard, Daniel Ponton, Daphnée Denault, Claude Tremblay and Mehdi Daoudi.

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REGULATIONS



To contribute to improving the quality of the national park experience, an entry fee was established by the government. You must always carry your receipt or your annual card during your visit.



To preserve the natural riches for future generations, it is prohibited to remove natural elements (animals, plants, dead wood, rocks, etc.).

Also, the flora is sensitive to being trampled. It is therefore mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium, and for this reason the feeding of wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.



Domestic animals are prohibited in Québec's national parks. But guide dogs and service dogs accompanied by their foster families are admitted. However, these dogs must be easily identifiable, wearing the Mira scarf or harness. Those in charge of the animal must carry the foundation's letter of accreditation.



It's great to enjoy an authentic natural environment that is clean and healthy! Carry out your garbage, leave it in the containers provided, and take home any harmful substances, such as soap, oil, combustibles or pesticides.

YOUR SAFETY, YOUR RESPONSIBILITY



Outdoor activities can involve certain risks. Make sure that you have the skills and abilities required for the activity you choose. It is important to know the risks inherent to any activity, to respect your limits and to use appropriate equipment. For more information, visit our website at sepaq.com.

OUTDOOR ACTIVITIES

FROM THE LAC DES ÎLES TO THE MASSIF!

Outdoor enthusiast, here is an excursion made just for you! Departing from the Lac des Îles, canoe towards the Massif of Winslow and stop at station #12 where a mountain climb awaits. The peak of this hike of 8 km offers a panoramic view across the entire Southern sector and its surrounding area. On the way back, enjoy a picnic break at lake Thor, a peaceful place to unwind and recharge your energy!



OSEZ LE MASSIF PACKAGE DEAL

Free if you have your own boat.

\$ 32.50 / canoe

NAUTICAL ACTIVITIES

ROW, ROW, ROW YOUR BOAT

Take your time, observe nature and let yourself be lulled by the sunshine sparkle on the dancing waves! Obtain your free copy of Boating Excursion Discovery Guide (in French only) at one of the Visitors Centres and explore :

- Baie aux Rats-Musqués
- Baie Sauvage
- Lac à la Barbue



EQUIPMENT RENTAL

Life jacket, safety kit, paddle/oar, and the Boating Excursions Discovery Guide (in French only).

Rental conditions:

- Picture ID is mandatory
- Administrative fees apply if the customer did not return the boat to the original rental site or if late return.

Equipment may differ from one sector to another.

Prices, terms and services are subject to change without notice.

*Available: Southern sector : May 16th to October 12th
Saint-Daniel sector : June 12th to September 6th

	Day	4h	1h
Rowboat	\$41.75	\$ 29	\$14.50
Canoe	\$46.25	\$ 32.50	\$16.25
2-seat pedal boat	---	\$38	\$19
4-seat pedal boat	---	\$44	\$23.75
Single sea kayak	\$47.25	\$33	\$16.50
Double sea kayak	\$63.25	\$44.25	\$22.25
Single recreational kayak	\$42	\$29.50	\$14.75
Double recreational kayak	\$50.50	\$35.50	\$17.75
Rabaska canoe	\$195	\$136.50	\$68.25
Stand up paddle	\$40.50	\$28,50	\$14.50
Teenager and adult bicycle	\$38.50	\$27	\$13.50
Child bicycle	\$19	\$13.25	\$6.75



AVENTURE ÉCOTOURISME QUÉBEC AT PARC NATIONAL DE FRONTENAC



Photo: Mathieu Dupuis

Aventure Écotourisme Québec certified outfitters, in collaboration with the Sépaq, offer you several stays and guided activities specially designed for the discovery of exceptional natural spaces. Boost your sense of adventure in Québec!

PLAN YOUR NEXT GUIDED OUTING WITH :



RANCH WINSLOW
Horseback riding
418-443-5519

quebecadventure.ca

HIKING TRAILS



Map reference	DISCOVERY	TRAILS	LENGTH AND DURATION	ROUND-TRIP LOOP	DIFFICULTY LEVEL	ELEVATION (METERS)	DEPARTURE LOCATION
1		L'Érablière - Observation of typical habitats of the Massif	3.2 km 1 hr 30 min	X	E	60	South Discovery and Visitors Centre
2		Les Passereaux - A birdlife haven	13 km 5 hr	X	I	35	South Discovery and Visitors Centre or Baie Sauvage campground (near the playground)
			13 km 1 hr 30 min				
3		La Colline - The Massif hills	7.4 km 2 hr 45 min	X	E	75	South Discovery and Visitors Centre
4		Les Grands-Pins - Moss undergrowth, and rocks that look like they have just fallen from the sky...	5.7 km 2 hr	X	E	5	Baie Sauvage campground (near the playground)
5		Le Massif de Winslow - Green basin belted by soft hills	10.2 km 3 hr 30 min	X	I	120	Steps away from the Legendre cabin's access path (end of the road)
6		Le Littoral - At the boundary between land and water	16 km 5 hr	X	E	10	Saint-Daniel Visitors Centre
			16 km 1 hr 30 - 2 hr				
7		La Tourbière - Northern island in the heart of the Appalachians. Wooden footpaths and discovery panels	5 km 2 hr	X	E	10	La Tourbière parking
8		Le Sous-bois - Undergrowth ecology and forest changes	3.2 km 1 hr	X	E	5	Rivière-aux-Bleuets campground between sites #124 and #126



E - Easy

I - Intermediate

D - Difficult

PARK PATH EXPLORER : A GUIDE AT YOUR SERVICE



The Discovery and Visitors Centre (DVC) is located in the Southern sector. Home and visitor service center, the DVC is primarily a place of discovery where you can familiarize yourself with the park's must-see attractions using the "Parc Parcours" mobile application. Make it the starting point for your exploration of the territory and discover places that will make your visit a succession of unforgettable moments.



Looking for a souvenir to take home?
Make your way to our **BOUTIQUE NATURE** shops!

- Souvenirs for kids and grown-ups
- Personalized clothing made in Canada
- All profits reinvested in national parks



GENERAL PARK MAP





	Registration centre / Information		Lookout
	Landing		Boat launch ramp
	Playground		Parking lot
	Boutique Nature shop		Telephone
	Semi-serviced camping		Washrooms
	Rustic camping		Recreational vehicle dumping station
	Canoe-camping		Bike path
	Cabin		Trail
	Convenience store		Main road
	RV area		Secondary road
	Rustic accommodation		National park boundary
	Equipment rental		Reference to the trail
	Canoe launch		
	Picnic		

This map includes geographic information from government sources. For purposes of representation, some data have undergone transformations and adaptations that have altered the original data.

Original data used:
 - Topographic maps: 2015
 - Years: 2000
 - Scale: 1/20 000
 - Source of data used: Department of Natural Resources
 - © Government of Québec

A TEN-YEAR ASSESSMENT OUR NATIONAL PARKS ARE IN GOOD HEALTH!

The daily challenge for the managers who run a national park is to get the balance right between public access and conservation. To accomplish this, Parcs Québec developed a forward-thinking program in 2003 to implement ongoing health check-ups for its national parks – the ecological integrity monitoring program (EIMP). The results of the 370 monitorings carried out over the last 10 years are encouraging: the overall level of ecological integrity of the national parks has been maintained or improved throughout the network, despite an increasing public access.

Full details at parcsquebec.com/ecologicalintegrity

A few highlights about parc national de Frontenac:

- Improvement of the water quality of Grand lac Saint-François through regional actions carried out across the lake's watershed, and to which the park actively participates;
- The environmental impact of the park's infrastructure has remained stable despite a significant increase of visitors between 2003 and 2012;
- The presence of invasive exotic wildlife, such as common reed and Japanese knotweed, remains a concern and requires close monitoring in order to preserve the ecological integrity of the park.



PARCS QUÉBEC CONSERVATION BLOG - IN FRENCH ONLY

Did you know that Parcs Québec posts a weekly article on its blog about Québec national park conservation initiatives and issues? To stay in the loop, sign up for our monthly newsletter.

Full details at parcsquebec.com/blogue



PARCS QUÉBEC FUND

GIVE... AND NATURE WILL GIVE BACK

The Parcs Québec Fund is dedicated exclusively to supporting conservation projects in national parks. Aerial census of white-tailed deer, shoreline restoration, archeological studies, and bald eagle population monitoring are just a few examples of projects that help safeguard our heritage and were made possible thanks to public donations.

Full details at fondsparcsquebec.com



DISCOVERY ACTIVITIES

SUMMER / From July 13 to August 16

Activities are offered out this period. Let's find out !

📍 Park Warden passport activity 💰 Fee-based activity, payable upon reservation
 Rabaska canoe rates: Children: free (if accompanied by an adult), adult \$9.52.

📍 Reservation at the Visitors Centres.

Day	Sector	Start	Duration	Activity	Type of activity	Meeting place
Saturday	Saint-Daniel	2 pm	90 min	Exploration Baie aux Rats-Musqués	Rabaska canoeing \$ 📍	Visitors Centre
		4:30 pm	60 min	Apprenti garde-parc	Children activity 📍	Rivière-aux-Bleuets camping shelter
		8:30 pm	60 min	Lumière sur les étoiles	Evening talk	Rivière-aux-Bleuets camping shelter
	Southern	2 pm	90 min	Exploration Baie Sauvage	Rabaska canoeing \$ 📍	Visitors Centre l'Escale
		4:30 pm	60 min	Jeune naturaliste	Children activity 📍	Visitors Centre l'Escale
		8:30 pm	60 min	Défi nature	Great family game 📍	Baie Sauvage camping shelter
Sunday	Saint-Daniel	2 pm	90 min	Exploration Baie aux Rats-Musqués	Rabaska canoeing \$ 📍	Visitors Centre
		4:30 pm	60 min	Jeune naturaliste	Children activity 📍	Rivière-aux-Bleuets camping shelter
		8 pm	60 min	Masanebesek ou le grand lac	Evening talk	Rivière-aux-Bleuets camping shelter
	Southern	2 pm	90 min	Exploration Baie Sauvage	Rabaska canoeing \$ 📍	Visitors Centre l'Escale
		4:30 pm	45 min	Garde-parc d'un soir	Children activity 📍	Baie Sauvage camping shelter
		8 pm	60 min	Masanebesek ou le grand lac	Evening talk	Baie Sauvage camping shelter
Monday	Southern	4:30 pm	60 min	Jeune naturaliste	Children activity 📍	Visitors Centre l'Escale
		8:30 pm	60 min	Défi nature	Great family game 📍	Baie Sauvage camping shelter
Tuesday	Southern	4:30 pm	90 min	Exploration Baie Sauvage	Rabaska canoeing \$ 📍	Visitors Centre l'Escale
		8:30 pm	60 min	Lumière sur les étoiles	Evening talk	Baie Sauvage camping shelter
Wednesday	Saint-Daniel	4:30 pm	60 min	Apprenti garde-parc	Children activity 📍	Rivière-aux-Bleuets camping shelter
		8:30 pm	60 min	Défi nature	Great family game 📍	Rivière-aux-Bleuets camping shelter
Thursday	Saint-Daniel	3:30 pm	90 min	Exploration Baie aux Rats-Musqués	Rabaska canoeing \$ 📍	Visitors Centre
		8:30 pm	60 min	Lumière sur les étoiles	Evening talk	Rivière-aux-Bleuets camping shelter
Friday	Southern	4 pm	60 min	Jeune naturaliste	Children activity 📍	Rivière-aux-Bleuets camping shelter
		8:30 pm	60 min	Défi nature	Great family game 📍	Rivière-aux-Bleuets camping shelter
	Saint-Daniel	4 pm	45 min	Garde-parc d'un soir	Children activity 📍	Baie Sauvage camping shelter
		8:30 pm	60 min	Lumière sur les étoiles	Evening talk	Baie Sauvage camping shelter



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LODGINGS

CAMPGROUND

START AT
\$29.25/night

SOUTHERN SECTOR
104 sites with 1 and 2 or without services
(water and electricity).

ST-DANIEL'S SECTOR

86 sites with 2 or without services
(water and electricity).

CANOE-CAMPING

START AT
\$29.25/night

28 sites located on Baie Sauvage, lac à la Barbut and lac des Îles. Canoeable course ranging from 15 minutes and 2,5 hours.

Canoe-camping package deal

START AT
\$103/night

READY-TO-CAMP

START AT
\$99/night

Discover the Huttopia tent, a simple and comfortable way to discover the joys of camping without all the lugging. A total of 18 units including 8 located in the Southern sector and 10 in St-Daniel.

CABIN

START AT
\$60/night

8 vacationing cabins and a rustic shelter located in the Southern Sector offer comfort and privacy surrounded by nature!

Capacity of 2 to 16 persons, all cabins are located along the waterfront and offer a view over the lake.

Rustic shelter-canoe package deal

START AT
\$97/night



CANOE-CAMPING



CABIN



READY-TO-CAMP

FAMILY TIME!

The Sépaq network has many must-see nature destinations you can explore as a family, so why not...

- Take a well-earned break from the daily grind.
- Create lifelong memories together.
- See the world through a child's eyes once again – it's so much fun!
- Soak up the wonder... and reconnect with what really matters.

For accommodations, activities and services, go to sepaq.com/family to see what our family destinations have in store for you.

Once you're there, just relax and let nature work its magic...

Here are some examples of the family-friendly features available in Parc national de Frontenac :

- Follow in Hero's footsteps, the great blue heron, and he will guide you to one of our five family-friendly trails;
- Get your budding park warden passport for a chance to win a camping trip for you and your family;
- Accompanied by a park naturalist, discover the baie aux Rat-Musqués or the baie Sauvage while enjoying a rabaska canoe expedition. Free for children (if accompanied by an adult).



sepaq.com/family



Photo : Mathieu Dupuis

NATIONAL PARK ENTRY FEE

100% REINVESTED IN QUÉBEC'S NATURAL HERITAGE

It's a real privilege to visit or stay in a national park and experience remarkable landscapes that are protected and their value enhanced by passionate people who ask only that you come discover their best-kept secrets.

The entry fee you're required to pay is your contribution to the upkeep and conservation of a national park. With its affordable fee and array of exclusive benefits, the Annual Parcs Québec Network Card is another appealing option!

	Adult
Day Pass	\$ 8.50
Annual Park Card	\$ 42.50
Annual Network Card	\$ 76.50

Rates valid until March 31, 2016, taxes included
See complete fee schedule at parcsquebec.com/card

ANNUAL NETWORK CARD

EXCLUSIVE ADVANTAGES

As well as allowing entry to all national parks in the Parcs Québec network for 12 months, the Annual Network Card comes with many advantages:

- One free night of camping in the Parcs Québec network (rustic or semi-serviced, on weekdays only)
- Free entry for a one-day visit for a friend
- 15% off in Boutique Nature shops
- 15% off a day ticket at Sépaq's 7 cross-country ski centres
- 15% off daily admission at the Aquarium du Québec
- 15% off admission to the ASTROLab in Parc national du Mont-Mégantic
- 15% off admission to the Natural History Museum in Parc national de Miguasha

Details at parcsquebec.com/card



CONTEST

DESTINATION PARCS NUNAVIK

Between April 1 and September 1, 2015, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park of Nunavik.

A \$10,000 VALUE!

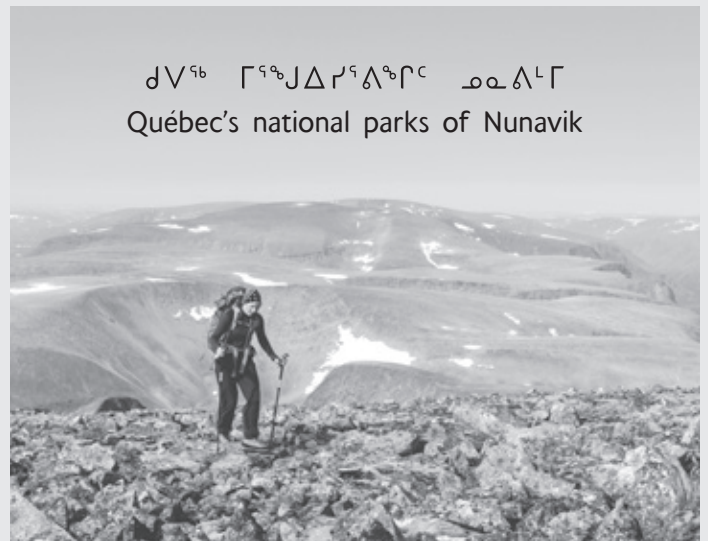
A choice among 3 destinations to explore at parcsnunavik.ca

- Parc national des Pingualuit
- Parc national Tursujuq
- Parc national Kuururjuaq

Details and contest rules at parcsquebec.com/contest



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Québec's national parks of Nunavik



Brian Friedrich



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