

Journal

2013 • 2014 | ENGLISH VERSION



PARC NATIONAL DE
FRONTENAC



MESSAGE FROM THE MINISTER



In 1999, the Government of Québec entrusted Société des établissements de plein air du Québec (Sépaq) with the mission of managing, protecting and developing Québec's network of national parks located above the 50th parallel. Overall, there are now 22 national parks across the different regions of Québec. A marine park operated jointly by Parcs Québec (Sépaq) and Parks Canada has been added to these many natural sites of outstanding beauty.

Every day, staff members at the national parks strive to preserve these unmatched natural resources for the enjoyment of visitors from Québec and abroad. Measures are implemented on a daily basis to preserve a legacy of exceptional sites for future generations. Emphasizing the benefits of nature on young people is therefore important, so that the generations to come know how to make the most of Nature's wonders and deal with the protection and conservation challenges to be faced in the future.

New premises will open in 2013 at Parc national du Lac-Témiscouata, the latest addition to the Parcs Québec network. The park was officially established in 2009 to protect a representative sample of natural sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with national park standards. This protected area is actually renowned for its wetlands and its ornithological and archaeological wealth. I invite you to come and discover the park this summer.

A third national park north of the 50th parallel will also be created following the Pingualuit and Kuururjuaq projects. Covering 26,000 km² of land, Parc national Tursujuq will allow us to achieve the 9% mark of protected areas across Québec. Like the other two northern parks, the management and development of this new territory is entrusted to the Kativik Regional Government.

Clearly, the range of protected areas is expanding with each passing year. In your vicinity or on the road to your summer holidays, you are sure to find a park to explore. Enjoy a wonderful season of discovery at your national parks!

Yves-François Blanchet
Minister of Sustainable Development, Environment, Wildlife and 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 and exceptional sites, due notably to their biological diversity, 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. A national park is 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.

DISCOVER QUÉBEC'S NATIONAL PARKS





MUST-SEE ATTRACTIONS

▶ PARK PATH EXPLORER

A New Visitor Experience

Stop by the Discovery and Visitors Centre to access Park Path Explorer's interactive terminals. According to your interests, browse through the different courses and discover the Park's landscapes, habitats, fauna and flora. A Park Path Explorer mobile application is also available for your personal device. You can download this application from the Discovery and Visitors Centre Wi-Fi area. If you do not have your own device, you can borrow one from one of the Park's registration centres.



▶ CABIN

A Room with a View!

Freedom, comfort and tranquility perfectly describe a holiday spent at the Parc National de Frontenac. Located at the edge of the lake, each cabin is equipped with a rowboat and canoe for quiet outings. Our landscape... your holiday!

Starting at
\$138 / night
(double occ.) taxes and
entry fee are not included



▶ DISCOVERY ACTIVITIES

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 varieties of wild orchids. Easily accessible, the peatland trail is outfitted with a wooden footpath. The area includes two observation towers and many discovery panels.

Consult the schedule for a guided hike of La Tourbière (page 4).



▶ RABASKA CANOE EXCURSIONS

Paddle Away!

Experience rabaska canoe accompanied by a naturalist park warden! At the heart of the baie Sauvage or the baie aux Rats-Musqués, let the onshore wind lead you, and discover the most diverse flora and fauna.

Consult the schedule for guided rabaska canoe excursions out on baie aux Rats-Musqués and baie Sauvage (page 4).



▶ BIKING

Treasures of Nature

In the Southern Sector, walk through the hills and take the time to stop and observe the forest and marsh birds! The Saint-Daniel Sector offers a sinuous path that allows to capture the vastness of the lake. The numerous rest stops offer unique lookout points, and the sunsets at Pointe-aux-Pins are breathtaking!



WELCOME

Parc National de Frontenac was created in 1987 to protect a 155 km² area representative of the natural landscape of the Estrie, Beauce, and Bellechasse ranges.

Set well away from main transportation routes, the Grand Lac Saint-François area was untouched by development for many years. Forestry, agriculture, industrialization, and real-estate development have since altered the local landscape, making Parc National de Frontenac one of last natural oases of protected land in the region.

The Park is a true wilderness haven where nature remains untouched, except for the work required for conservation and the development of educational and recreational activities. White-tailed deer roam the Park's hills and hardwood forests, while its mosaic of lakes, ponds, marshes, and brooks are home to large numbers of ducks, otters, and other creatures who amble about under the gaze of the great blue heron, which is found throughout the territory. There is a wide range of birdlife, with close to 200 identified species. Carnivorous plants, orchids, and a rare species called green arrow arum (*Peltandra virginica*) also testify to Parc national de Frontenac's wealth of biodiversity.

Entry fees valid from April 1, 2013 to March 31, 2014

CATEGORY OR GROUP	DAILY RATES	ANNUAL PARK CARD	ANNUAL NETWORK CARD
Adult (18 or over)	\$6.50	\$32.50	\$58.50
Child (6 to 17)	\$3	\$15	\$27
Child (0 to 5)	Free	Free	Free
1 adult with children 6 to 17	\$9.50	\$47.50	\$85.50
2 adults with children 6 to 17	\$13	\$65	\$117
Organized adults group	\$5.75	N/A	N/A
Organized youth group (aged 6 to 17)	\$2.50	N/A	N/A
School or student group	Free	N/A	N/A

Taxes included. Annual Park or Network card is valid for 12 months.

The prices, terms and services mentioned in this journal are subject to change without notice.

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 this activity, to respect your limits and to use appropriate equipment. For more information, we invite you to consult our Web site at sepaq.com.

REGULATIONS



To contribute to improving the quality of the 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.).



The flora is sensitive to being trampled. If we multiply the impacts of thousands of visitors, it's easy to understand why it is mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium. The animals find everything they need to eat here, and that is why feeding 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.



For the preservation of the milieu and for your safety, only a certain number of activities are allowed in these parks. Plan your visit and first check the list of activities that are allowed in the parks you plan to visit.



COMMON REED, A SPECIES UNDER CONTROL?



Exotic invasive species are considered to be the main global causes for the erosion of biodiversity, and the national parks are not immune to this problem. At the Parc National de Frontenac, common Reed (*Phragmites australis*) has been under surveillance since the year 2000. Even if it tends to colonize mainly road ditches, it sometimes jumps the fence and spreads to the marshes and other wetlands.

The reed is well established along the shores of Grand Lac Saint-François. The first inventory carried out in 2002 revealed the presence of approximately 61 colonies; placed end to end, they totaled 1.15 km and this represented 2% of the banks in question. Ten years later, they total 4.8 km, which now represents 8.2% of the banks within the park.

Reed can reproduce by seed or vegetatively. Each plumule produces many seeds that are dispersed into the environment and are just waiting for the right conditions to germinate. Once implanted, a reed plant expands through its underground stems that act as scouts and anchor themselves firmly to the ground in order to take over new territory. In addition, each end of the stems contains the necessary material to give birth to a new settlement.

If the presence of reed at Grand Lac Saint-François seems out of control, its presence in some areas deserves special attention. Thus, the colonies found in the Southern Sector are controlled regularly since 2007, which allows us to reduce the risk of them overtaking the marshes and lakes near the main road. Several colonies have disappeared, others are almost gone. Combined with preventive measures used in the maintenance of the roads, the results from these actions lead us to believe that the reed might even disappear from the Southern Sector of the park over the course of the coming years.



DISCOVERY ACTIVITIES

- D** Saint-Daniel Sector
- S** Southern Sector

- 1** From June 21 (evening) to July 13
- 2** From July 14 to August 17
- 3** From August 18 to September 1st
(*activities on Sundays late p.m. and evening: only on September 1st)

HIKINGS THE LAND

Randonnée à La Tourbière

Discover a fascinating place where the sight of carnivorous plants and wide-open spaces mix-in with the rich perfumes and the enchanting breeze, so typical to peatland. Retrace the history of this environment, created by the cold climate of ancient times, and approach a surprising flora.

D	S	M	T	W	T	F	S
1	10 a.m.		10 a.m.		10 a.m.		10 a.m.
2	10 a.m.		10 a.m.		10 a.m.	10 a.m.	10 a.m.
3	10 a.m.				10 a.m.		10 a.m.

Location: Trailhead of the bog trails | Duration: 1 ½ h

Hiking in l'Érablière

NEW

Accompanied by a park warden, discover the ecosystems of the Massif de Winslow. In a very short time, you will walk through varied forest environments and access several wetlands. Come and listen for the sounds from the forest and observe the work of the beaver, ubiquitous in this territory.

S	S	M	T	W	T	F	S
1	10 a.m.			10 a.m.			10 a.m.
2	10 a.m.			10 a.m.			10 a.m.
3	10 a.m.			10 a.m.			10 a.m.

Location: Start Discovery and Visitors Centre / South Registration Centre
Duration: 1 ½ h

Invitation to the little ones: Arrive early, bring your breakfast and watch the adventures of Arthur L'Aventurier! The screening of the movie "L'œil de cristal" will be held before the hike, at 8:45 a.m. Parents are welcome.



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THE WALKS WATER

Expédition Felton

Navigating a rabaska canoe, explore the magnificent Baie Sauvage and its numerous marshes, go around Pygargue Island and travel back in time. Bring your own snack. A break is scheduled at the foot of the Felton River's waterfalls.

S	S	M	T	W	T	F	S
1	2 p.m.			2 p.m.			2 p.m.
2	2 p.m.		2 p.m.		2 p.m.		2 p.m.
3	2 p.m.			2 p.m.			2 p.m.

Location: Escalade | Duration: 2 ½ h
Rate: \$8.69 / child ; \$17.39 / adult

Exploration baie Sauvage

Get initiated to rabaska and discover baie Sauvage and its natural habitats. Some interesting encounters await you!

S	S	M	T	W	T	F	S
1	10:30 a.m.	10:30 a.m.			10:30 a.m.		10:30 a.m.
2	10:30 a.m.	10:30 a.m.			10:30 a.m.		10:30 a.m.

Location: Escalade | Duration: 1 ½ h
Rate: \$4.35 / child ; \$8.69 / adult

Rates do not include taxes. To make a reservation, please go to l'Escalade or at one of the registration centres.

Exploration baie aux Rats-Musqués

Get initiated to rabaska and discover baie aux Rats-Musqués and its marshes. A great location for bird watching.

D	S	M	T	W	T	F	S
1	1:30 p.m.		1:30 p.m.		1:30 p.m.		1:30 p.m.
2	1:30 p.m.		1:30 p.m.		1:30 p.m.	1:30 p.m.	1:30 p.m.
3	1:30 p.m.				1:30 p.m.		1:30 p.m.

Location: Saint-Daniel's Visitors Centre
Duration: 1 ½ h | Rate: \$4.35 / child ; \$8.69 / adult

THE SCIENTIFIC HAPPY HOUR

Once or twice a month, a specialist, student, researcher or partner presents his or her scientific research, inventories or follow-ups made in the Parc. The presentation is followed by an open discussion on the presented topic. This is a unique opportunity to discover another aspect of the Parc and to meet the team who works there!

These activities take place at the Discovery and Visitors Centre / South Registration Centre, on Wednesdays at 4:30 p.m. Get more information on the conferences' topics and schedules at the registration centres.

Duration: 1 to 1 ½ hour





THE EVENING TALKS

Causeries scientifiques

You have an interest in the conservation projects carried-out in the Park? The park wardens invite you every Monday for an evening presentation on biological inventories, monitoring and natural resources management projects. Find out the presented topics at any of the registration centres.

D	S	M	T	W	T	F	S
2		8 p.m.					
3							8 p.m.

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
2		8 p.m.					
3	8 p.m.*						

Location: Baie Sauvage camping shelter Duration: 1 h

Masanebesek or le grand lac

From the melting of the glaciers to the present day, reconstruct the history of Grand Lac Saint-François, its first inhabitants, its flora, and fauna.

D	S	M	T	W	T	F	S
1				8 p.m.			8 p.m.
2				8 p.m.			8 p.m.
3	8 p.m.*						

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
1						8 p.m.	
2			8 p.m.			8 p.m.	
3						8 p.m.	

Location: Baie Sauvage camping shelter Duration: 1 h

Papillons

At nightfall, discover the fascinating world of night moths. Following a presentation on those amazing insects, you will embark on a search for living specimens.

D	S	M	T	W	T	F	S
2					9 p.m.		

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
2				9 p.m.			

Location: Escale Duration: 1½ h

Grenouilles, salamandres et cie

Observe the anurous declarations of love and get acquainted with less-known little animals: the salamanders. After an introduction to the fascinating world of amphibians during a multimedia presentation, a park warden will lead you into nature to search for these colorful critters.

D	S	M	T	W	T	F	S
1	9 p.m.						
2	9 p.m.						

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
1							9 p.m.
2							9 p.m.

Location: Escale Duration: 1½ h

Défi nature

Meet some of the Park's wildlife stars during a great trivia game for every member of the family, big or small. Furs, skulls, smells and sounds will be part of the game.

D	S	M	T	W	T	F	S
1						8 p.m.	
2			8 p.m.			8 p.m.	
3				8 p.m.		8 p.m.	

Location: Baie Sauvage camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
1	8 p.m.				8 p.m.		
2	8 p.m.				8 p.m.		
3					8 p.m.		8 p.m.

Location: Baie Sauvage camping shelter Duration: 1 h

Keep your eye on the bulletin boards for postings of the spring schedule (May 18, 19 and June 9, 15).

FAMILY ACTIVITIES

Jeune naturaliste

Discover several animal-stars from the Park's habitats: The forest, the undergrowth, a stream, etc.



D	S	M	T	W	T	F	S
1						3:30 p.m.	
2		3:30 p.m.				3:30 p.m.	

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
1	1:30 p.m.				1:30 p.m.		
2	1:30 p.m.				1:30 p.m.		

Location: Escale Duration: 1 h

Apprenti garde-parc

Complete an inventory of the forest alongside the Park warden, and discover some of its biodiversity.



D	S	M	T	W	T	F	S
1				3:30 p.m.			3:30 p.m.
2				3:30 p.m.			3:30 p.m.
3	3:30 p.m.*						

Location: Rivière-aux-Bleuets camping shelter Duration: 1 h

S	S	M	T	W	T	F	S
1		1:30 p.m.					1:30 p.m.
2		1:30 p.m.					1:30 p.m.

Location: Escale Duration: 1 h

Garde-parc d'un soir

Explore the role of a park warden and become the caretaker of your campsite for the night.



D	S	M	T	W	T	F	S
1	7:15 p.m.						
2	7:15 p.m.				7:15 p.m.		
3							3:30 p.m.

Location: Baie Sauvage camping shelter Duration: 45 min

S	S	M	T	W	T	F	S
1							7:15 p.m.
2				7:15 p.m.			7:15 p.m.
3							3:30 p.m.

Location: Baie Sauvage camping shelter Duration: 45 min














HIKING







 Park Path Explorer

 Interpretation panel

SOUTHERN SECTOR

	Difficulty Level	Length	Summer	Winter	PP	
L'Érablière	Easy	3.2 km (loop)				This short trail offers a simple but rich introduction to the different habitats of the Massif de Winslow, and a chance to observe the typical habitats of the Massif's basin. The starting point of the trail is located at the Discovery and Visitors Centre / Southern Registration Centre.
Les Passereaux	Intermediate	6.5 km (one way)				Crossing the basin's hills and forests, this bike path provides many rest stops to discover the residing bird life. Forest and marsh birds will be waiting for you! Keep your eyes and ears open! Its starting points are located at the Discovery and Visitors Centre / Southern Registration Centre and at the Baie Sauvage campground (near the playground).
La Colline	Easy	2.2 km (one way)				This trail allows you to extend your hike to the heart of baie Sauvage. Traveling over one of the hills of the Massif de Winslow, it offers a walk through an undergrowth typical of the region's maple groves. The La Colline course links the Les Passereaux and Les Grands Pins trails.
Le Marais	Easy	0.9 km (one way)				Linking the lac à la Barbutte to the Grand Lac Saint-François, this trail offers a short trek into the heart of a moss forest. Several lookout points along the river will allow you to see how it changes along the way. The Le Marais course links the Les Grands Pins and Les Passereaux trails. Therefore, it can be accessed from either of these paths.
Les Grands-Pins	Easy	2.1 km (one way)				This trail offers wonderful discoveries: moss undergrowth, rocks that look like they have fallen from the sky, lichen, mushrooms, and many seductive lookout points to Baie Sauvage. Some sites are dominated by huge white pines. The trail starts at the Baie Sauvage campground (near the playground).
La Brise	Easy	0.8 km (one way)				This short trail offers the hiker a beautiful undergrowth and many lookout points to Baie Sauvage. Regardless of the time you choose, allow yourself to become one with this place of pure nature! Starting points are located at l'Escale or between sites #55 and #56 of the Baie Sauvage campground.
Les Étangs	Easy	0.4 km (one way)				This short hiking trail links Lac des Îles to the river's marsh and leads to lac à la Barbutte. You will discover beautiful waterfalls, an immense marsh and have access to a privileged lookout point onto lac des Îles. Its starting points are on either side of the road, near the access for the Cliche cabin. A small parking lot is located on the side of the road.
Des Découvertes	Easy	0.3 km (loop)				This short trail will give you the chance to observe a diversity of tiny organisms. Bryophytes and fungi are in the spotlight. Its starting point is located near l'Escale.
Le Massif de Winslow	Intermediate	10.2 km (loop)				This trail leads to one of the summits of the Massif de Winslow. An undergrowth of moss fir forest lines Le Massif de Winslow's basin, while a little higher in altitude, the deciduous forest occupies all the space. This hike provides a superb view of the Southern Sector. Take a break at Thor lake. Its starting point is located shortly after the entry of the Legendre cabin, at the end of the path.

SAINT-DANIEL SECTOR

Le Littoral	Easy	8 km (one way)				This sinuous course renders the lake's vastness. Its many rest stops offer unique viewpoints on the lake. In the evening, sunsets at the Pointe-aux-Pins are magnificent. Its starting point is located at the end of the Visitors Centre / Saint-Daniel Registration Centre's parking lot.
La Tourbière	Easy (boardwalk)	5 km (loop)				The peatland in the Saint-Daniel Sector is exceptional: it is one of the few still intact in Southern Quebec. You will discover orchids and superb carnivorous plants. This habitat is easily accessible via its boardwalks and two observation towers with a unique view on this northern island. Discovery panels will accompany you throughout your visit. The starting point is located at the end of the path leading to the peatland, immediately after the Visitors Centre's parking lot.
Le Sous-bois	Easy	1.6 km (one way)				This short trail opens the door to a fascinating universe, that of undergrowth ecology and evolution of the forests. Here you will find species from all stages of life. The course is enhanced by charming lookouts toward Rivière-aux-Bleuets. The starting point is located between sites #124 and #126 of the Rivière-aux-Bleuets campground. You must park your car under the camping shelter of this campground and take a small path traveling across the campground's loop.



DRAGONFLIES AND DAMSELFLIES

The majority of the Park's trails offer views on the wetlands and are favorites to observe the dragonflies and damselflies (Odonata group). Over the last 2 years, several days of inventories were conducted in order to identify all the species found in the park. Until today, we have confirmed 33 species, including the presence of a particular Dragonfly: *Somatochlora brevicincta* in the Saint-Daniel peatland. This species had never been observed in Quebec, south of the St. Lawrence River.



WATER ACTIVITIES



GRAND LAC SAINT-FRANÇOIS

Baie Sauvage (Southern Sector)

Take the challenge and go on an expedition at the Felton river waterfalls! Under sheltered coves or rocked by the onshore wind, you will discover a diversity of landscapes that will take your breath away. To learn the basics of canoeing and kayaking, you may prefer the smaller bays located in front of l'Escale or close to the Discovery and Visitors Centre.

Baie aux Rats-Musqués (Saint-Daniel Sector)

Exploring the marshes of this bay is a must! You may encounter a great blue heron surveying the shoreline, a family of geese navigating between rushes or, better yet, a bald eagle hovering over your craft.

THE INTERIOR LAKES

Lac des Îles (Southern sector)

Located in the heart of the basin of the Massif de Winslow, lac des Îles is aptly named! With its irregular shoreline and numerous rocky islets, it will make you feel like you are on the other side of the world.

Lac à la Barbue (Southern Sector)

Discover 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.

RENTALS

Saint-Daniel Sector

- Visitors Centre / Saint-Daniel Registration Centre

Southern Sector

- Discovery and Visitors Centre (DVS)
- L'Escale (Baie Sauvage Campground)

BOATING EXCURSIONS

Cruise at your own pace! Obtain your copy of the discovery guide at any of the registration centres or at l'Escale.

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

ANIMATED RABASKA CANOE EXCURSIONS

Accompanied by a passionate naturalist park warden, live a unique experience by participating in an activity of discovery in a rabaska canoe!

- Baie aux Rats-Musqués
- Baie Sauvage

For a full description and schedule of the Rabaska activities, see page 4.

RULES ON FISHING AND BOATING



Zone 4 regulations apply for fishing on Grand Lac Saint-François (Baie Sauvage and Baie aux Rats-Musqués). **IMPORTANT:** Fishing on the inland lakes is permitted only for cabin guests who have obtained the required fishing authorization.



The use of a motor is forbidden at lac à la Barbue. Only electric motors are permitted at lac des Îles. Gasoline motors are solely allowed on Grand Lac Saint-François.



Docking is permitted only at the designated sites and at the non-serviced sites identified on the map of page 10. **IMPORTANT:** Docking at canoe-camping sites is restricted to the canoe-campers holder of a stay permit.



The repeated passage of water crafts in the marshes and other fragile environments may cause degradation of the plants and disturb the residing wildlife. Why not bring along your binoculars and observe the wildlife from a distance?



ZOOM IN ON THE PARK CONTEST

Take advantage of your stay at Parc National de Frontenac to capture forever the beauty of the landscape, the wonders of flora and fauna, or the simple delight of an outdoor activity. You could win one of three \$150 discount stays toward your next visit to Parc National de Frontenac. Contest rules are available on the park website at www.parcsquebec.com/frontenac (« Information » section). Deadline for entering is October 30, 2013.

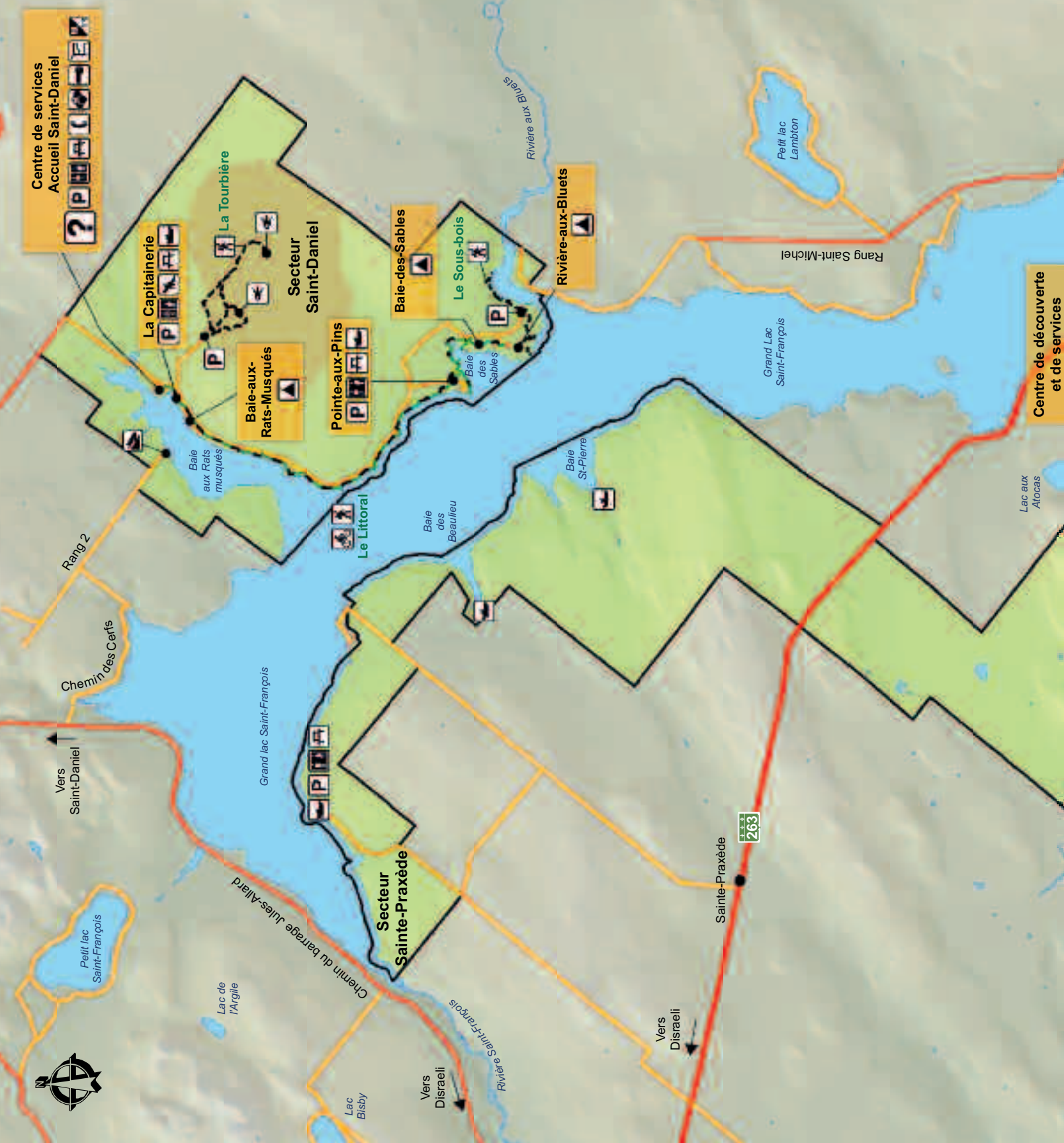
To all participating photographers, thank you for your interest! You contribute in a great way to bring out the beauty and hidden treasures of the Parc National de Frontenac!

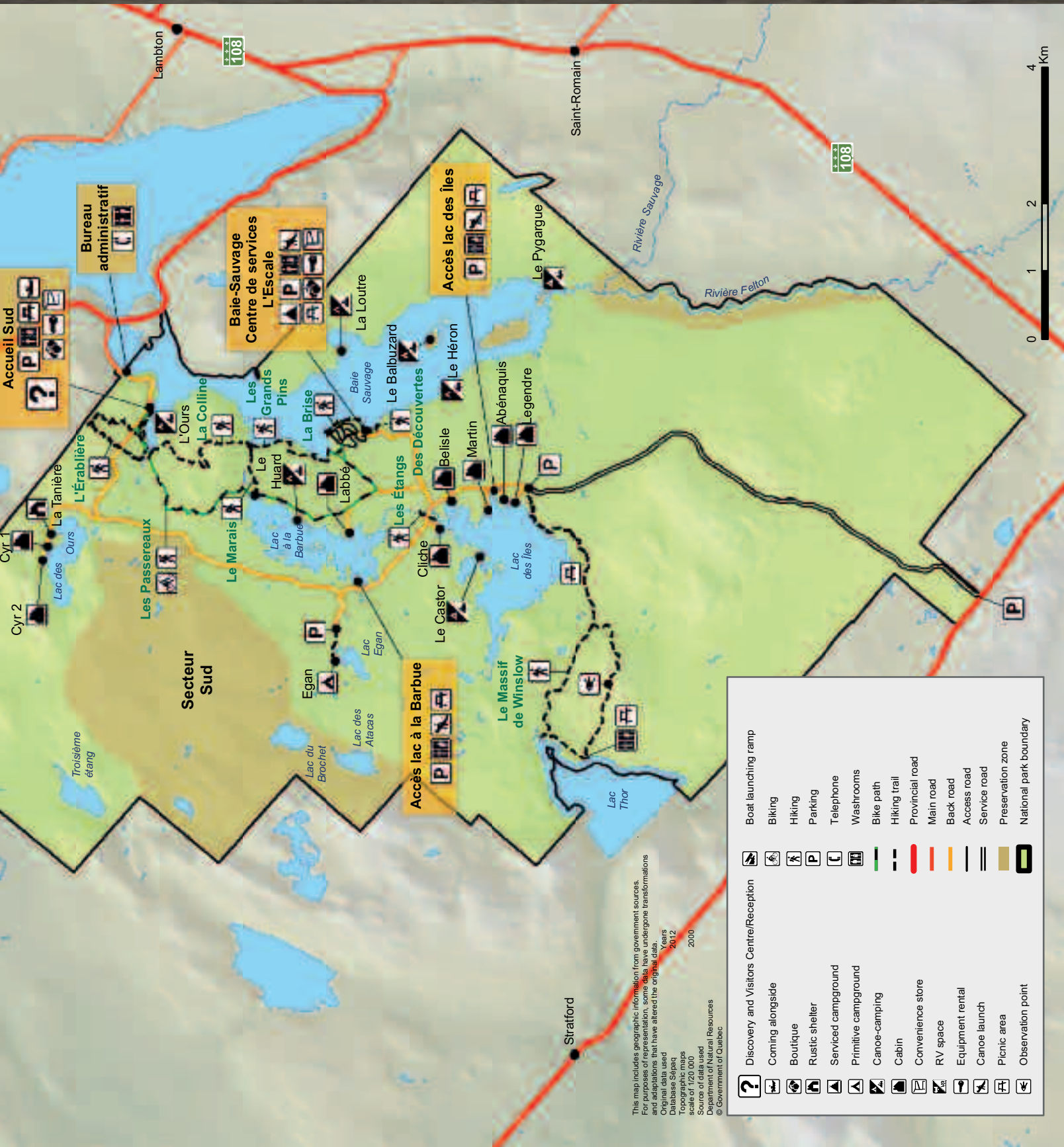




GENERAL MAP

PARC NATIONAL DE FRONTENAC





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
 Database Sipaq
 Topographic maps
 Sources of data used
 Department of Natural Resources
 © Government of Quebec

Years
 2012
 2000

	Discovery and Visitors Centre/Reception		Boat launching ramp
	Coming alongside		Biking
	Boutique		Hiking
	Rustic shelter		Parking
	Serviced campground		Telephone
	Primitive campground		Washrooms
	Canoe-camping		Bike path
	Cabin		Hiking trail
	Convenience store		Provincial road
	RV space		Main road
	Equipment rental		Back road
	Canoe launch		Access road
	Picnic area		Service road
	Observation point		Preservation zone
			National park boundary



ADOPT A GREAT BLUE HERON!

Establishing a national park is a societal choice. As a visitor, you can also contribute to the safeguarding of this collective heritage by participating in the "Adoptez un animal" (Adopt an animal) Program, initiated by the Fonds Parcs Québec (Québec Parks Fund). Of course, your adoption remains symbolic, since your pet will continue to live freely within the park.

The great blue heron is the animal emblem of the park. The numerous lakes and wetlands promote the presence of this particular bird. With a wingspan exceeding two metres, its majestic appearance and blue-colored plumage, it is easily distinguishable from other fishing birds. In flight, it is recognizable by its long folded S-shaped neck.

The great blue heron forages its food in shallow water. It feeds on large aquatic insects, frogs and fish which are sometimes more than 25 cm in length. With its long legs, slender body and tranquil approach, it manages to close in on its prey very discreetly.

The great blue heron is an "umbrella" species. Meaning that by protecting the great blue heron and its habitat, we are also protecting a whole series of other species. Because it feeds on aquatic insects, frogs and fish, the heron is at the head of the food chain of the lake habitats.



The great blue heron is not an endangered species. However, it remains vulnerable to environmental issues associated with water bodies, such as those present at the Grand Lac Saint-François. The preservation of the habitats, the quality of the water, and the health of the ecosystems allows the preservation of the aquatic life needed for its nourishment, which is essential for its survival.

Donations collected by the "Adoptez un animal" Program will help sustain the conservation projects related to the protection of the Grand Lac Saint-François. The minimum donation for adopting your animal is \$25. You will receive an adoption certificate valid for a period of one year, a fact sheet on the animal adopted, and a receipt for tax purposes. For more information, please visit www.fondsparcsquebec.com



DISCOVER THE FONDS PARCS QUÉBEC COLLECTION AND DO YOUR PART FOR CONSERVATION!

One dollar will be donated to Fonds Parcs Québec for each item purchased.

Donations to Fonds Parcs Québec serve to support the conservation of Québec's national parks. Through the funding of research, knowledge acquisition, and species population monitoring and inventory, vital data are obtained to particularly safeguard plant and animal species.

The collection is available at the Boutique Nature shop.





fondsparcsquebec.com

THE GRAND LAC SAINT-FRANÇOIS, A REGIONAL ISSUE



In 2010, the grouping for the protection of the Grand Lac Saint-François, in which the Parc National de Frontenac is involved, filed its sustainable development intervention plan. This regional plan was aimed at improving the health of Grand Lac Saint-François.

Conscious of the need to work together, the major actors within the region (municipalities, riparian associations, CRECA, COGESAF, the agricultural community, the key government departments, the regional conferences of elected officials and the park have united their efforts for a common purpose: the health of a regional gem.

Since then, numerous actions were conducted across the watershed to reduce the pressure from human activities on this body of water.

The results of the samplings collected over the last few years seem to indicate that we are on the right track.

However, there is still much work to be done. One of the important projects which will be carried out over the next few years, is to understand the impact of the fluctuation range on the biodiversity of the lake. This imposing project of scientific research will be carried out with financial support from the Fondation de la Faune du Québec and the Mitacs Program and will involve, through the Centre de la Science de la Biodiversité du Québec, researchers from McGill University and the UQAR.

Another major project in which several organizations have been involved for nearly eight years is the renaturalization of the shores. First taking the

form of a contest, the project turned into direct assistance to the riparian owners in order to allow the banks to play, anew, their full ecological role. Today, several kilometres of the shoreline are vegetated. Municipal regulations have been passed. Furthermore, a demonstration site that explains how to give back a certain nobility to nature has emerged within Lambton's municipal park.

All these actions and others aim to maintain and improve the health of Grand Lac Saint-François, for the benefit of the surrounding communities and all the people attending this majestic water body.



CAMPING AND CANOE-CAMPING

SOUTHERN SECTOR

Baie Sauvage

Access to Grand Lac Saint-François and to the network of trails of the Southern Sector make the Baie Sauvage campground the ideal starting point for beautiful canoeing, kayaking, walking and biking excursions! The site includes a Boutique Nature, a mini-convenience store and a boat rental service. A picnic area, a children's playground and a camping shelter complement the campground facilities. Equipped with a dumping station, this campground offers 99 sites, with or without services. Ready-to-camp Huttopia tents or tent-trailers are also offered.

Lac Egan

Escape into the wilderness! Accessible using a hiking trail of 450 meters, the Egan lake campground offers 3 primitive campsites on the edge of a small and shallow lake, covered with aquatic plants. Pit toilets.

Canoe-camping

Experience the Parc National de Frontenac as if you were an old-time woods runner! Offered at baie Sauvage, lac des Îles and lac à la Barbué, canoe-camping is available in 7 different locations, each offering 3 to 4 sites. Depending on the selected site, access will involve a canoeable course ranging from 15 minutes to 2 hours. Sites are only accessible by canoe or kayak. Restricted to organized groups, the site of the bear (de l'Ours) is ideal for an initiation combining the pleasures of canoeing and primitive camping.

SAINT-DANIEL SECTOR

Baie aux Rats-Musqués

They don't make them like this any more! Built in the early 1980s, this campground of distinctive character offers 30 sites without services and is extremely popular to canoeing and kayaking enthusiasts. Indeed, although they are becoming smaller, multiple sites have direct access to the lake. A package, including a rental

canoe for the duration of your stay is available for some sites on this campground.

Baie des Sables

Coveted sites! This campground of 26 sites without services is located near a small bay edged with sandy shores. Accessed from the campground, either on foot or by bicycle, you will enjoy the area for a family picnic or just to read a good novel while listening to the waves. Are you an early bird? Then perhaps you will meet a white-tailed deer that also appreciates the area! Camping shelters and access to the bike path.

Rivière-aux-Bluets

You are invited to an open-house day on Grand Lac Saint-François! Enjoy a picnic while admiring the majestic Grand Lac Saint-François from one of the Sous-Bois trail rest stops. This campground offers 30 sites, with or without services, as well as the ready-to-camp Huttopia tents. Access to the bike path, camping shelter and dumping station.

HOURS OF SERVICE

Make a stop at a service center where you will find a range of products and services such as convenience products, regional products, ice cream products, coffee, souvenirs and equipment rental.

Also, be sure to discover the collections Parc national de Frontenac and Parcs Québec ... designed and manufactured in Quebec!

Center of services	Discovery and Visitors Centre/ South Registration Centre	Visitors Centre L'Escal/ Campground Baie sauvage	Visitors Centre/Saint-Daniel Registration Centre
? Boutique Nature Convenience store Equipment rental	?		?
Low season From May 17 to June 20 and September 2 to October 14	Monday to Thursday : 9:30 a.m. – 4:30 p.m. Friday : 9:30 a.m. – 9 p.m. Saturday and Sunday : 9 a.m. – 5 p.m.	Monday to Friday : Closed Saturday and Sunday : 9 a.m. – 5 p.m.	Monday to Wednesday: Closed Thursday : 9 a.m. – 5 p.m. Friday : 1 p.m. – 9 p.m. Saturday and Sunday : 9 a.m. – 5 p.m.
High season From June 21 to September 1 st	7 / 7 9 a.m. – 10 p.m.	7 / 7 8 h 30 a.m. – 7 p.m.	7 / 7 9 a.m. – 10 p.m.

Hours may change without notice, depending on weather and number of visitors.



Huttopia

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- Lac-Témiscouata

LOW SEASON ⁽¹⁾

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HIGH SEASON ⁽²⁾

\$ 116 /night

Capacity of 5 people (max. 4 adults)

(1) From Sunday to Thursday until June 20, 2013 and from September 8, 2013.

(2) Fridays, Saturdays, holidays and every day from June 21, 2013 to September 7, 2013. Taxes and entrance fee not included

Online reservation: parksquebec.com/huttopia



VACATIONING

CABIN

For a romantic getaway, a family reunion or a friendly gathering, the eight vacationing cabins of the Southern Sector offer comfort and privacy surrounded by nature! With a capacity of 2 to 16 persons, all cabins are located along the waterfront and offer a view over the lake. Each has a stove, a refrigerator, kitchen tools and a propane heating system. A few are solar-powered.

Newly built, the Labbé cabin can accommodate people with functional limitations and offer easy wheelchair movement inside the cabin.

All cabins are equipped with a rowboat and canoe so that you can fully appreciate your stay with us.

RUSTIC SHELTER

Drift away while listening for the song of the frogs at the La Tanière rustic shelter. Located on the shores of the lac des Ours, it can accommodate 2 people, gives access to the lake and is equipped with a wood stove and a pit toilet outside the shelter. You must bring along everything you need to prepare your meals, as well as lighting equipment. Possible to rent a canoe for the duration of your stay.



WINTER IN FRONTENAC

COTTAGE

Treat yourself to a snowshoeing excursion in a winter wonderland and then relax by a cozy fire. The Cyr 1 and Cyr 2 chalets, as well as the La Tanière rustic shelter, are accessible by snowshoe 4 km from the South sector main office. No running water, and pit toilets only. For more information on the winter accommodation offer, see www.parcsquebec.com/frontenac

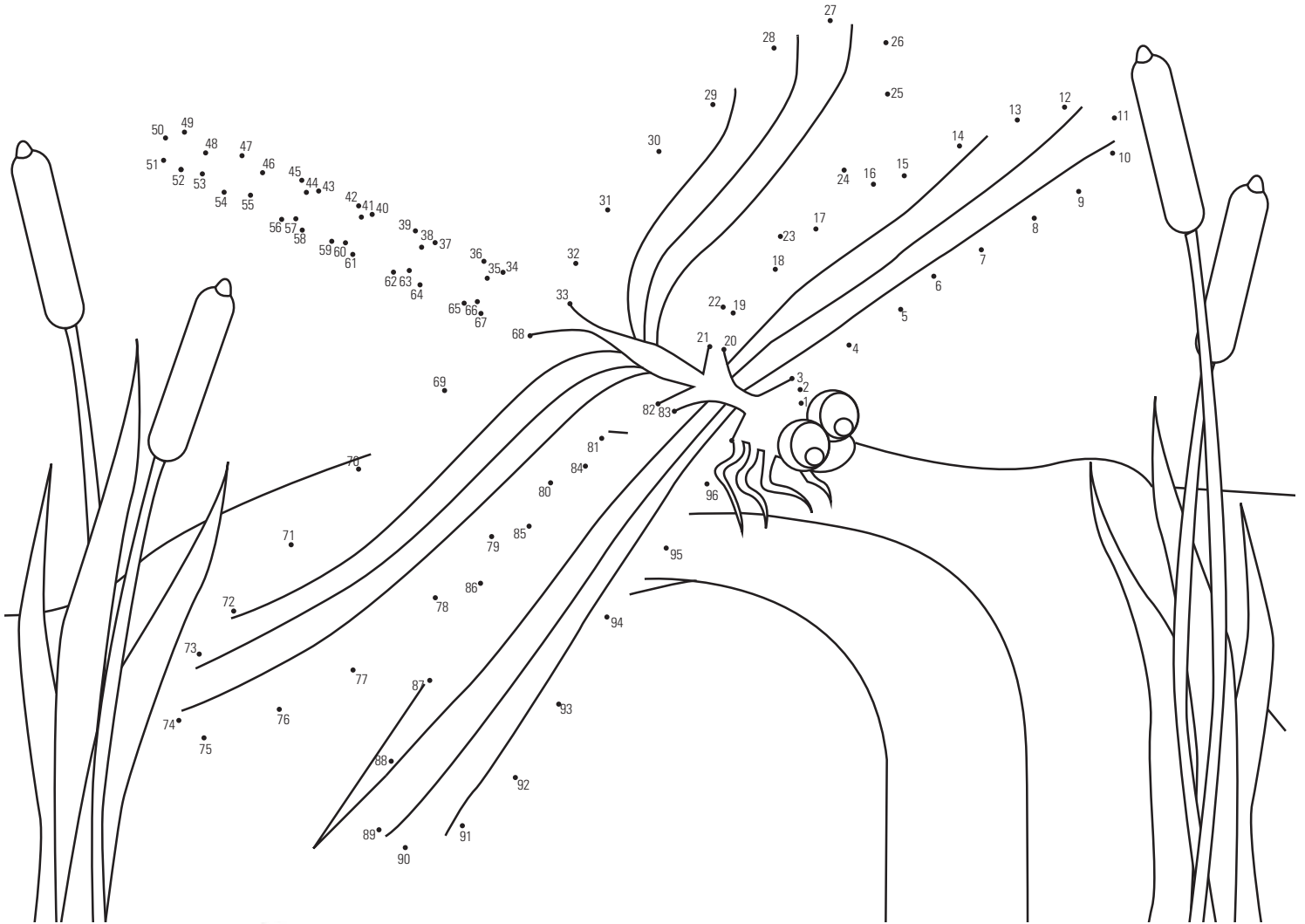
SNOWSHOEING

Strap on your snowshoes and take in a performance by Mother Nature! The park offers a network of trails from easy to intermediate. The L'Érablière trail at the entrance to the South sector offers breathtaking viewpoints of Grand Lac Saint-François.

Winter trails map available to the Main office or click www.parcsquebec.com/frontenac

A PLACE FOR YOUTH

Discover me at **CONNECTING THE NUMBERS** and **COLOR ME!**



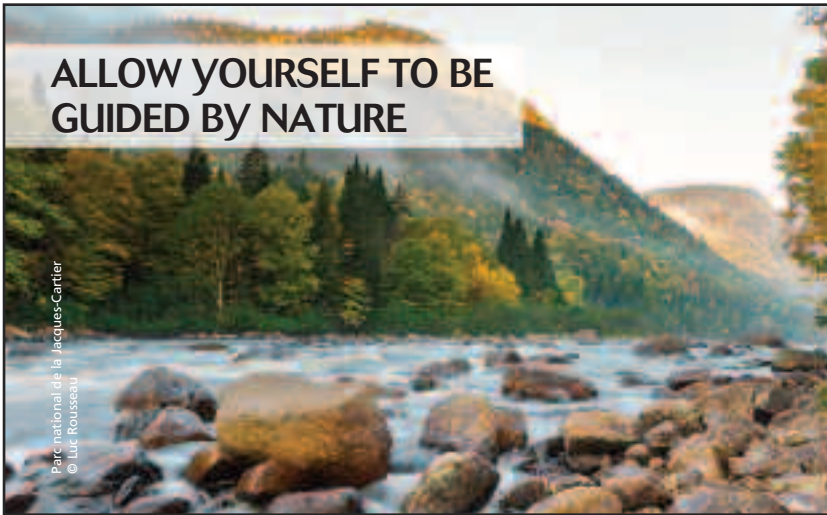
HEY KIDS! HAVE YOU GOT YOUR "GARDE-PARC EN HERBE" PASSPORT?

Ask for your "apprentice warden" passport when you get to the park! Each time you take part in one of the four passport activities, you receive an attendance sticker. After two activities, you get a pass good for a rabaska activity. Participate in all four activities and get your "garde-parc en herbe" certificate, and a chance to enter our "Take Your Family to the Park" contest.

Have fun!

ACTIVITIES AND SERVICES IN THE SURROUNDING AREA

ALLOW YOURSELF TO BE GUIDED BY NATURE



Parc national de la Jacques-Cartier
© Luc Rousseau

The outfitters, members of Aventure Écotourisme Québec, in collaboration with the Sépaq, offer you several stays and guided activities specially conceived to have you discover exceptional natural spaces.

AEQ groups together more than one hundred producers in adventure tourism and in ecotourism that join forces to offer you high-quality products.

Consult the Association's website for planning your guided activities in Sépaq's national parks.



www.quebecadventure.ca

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Guided tours of the following exhibits: Meuniers d'antan, / Autour du Morne / La Chemise Perfection Inc. / Du fond du rang à la rue Principale
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Rates : Family \$15, adult \$5, student \$3, under 6 years free



www.moulinbernier.ca

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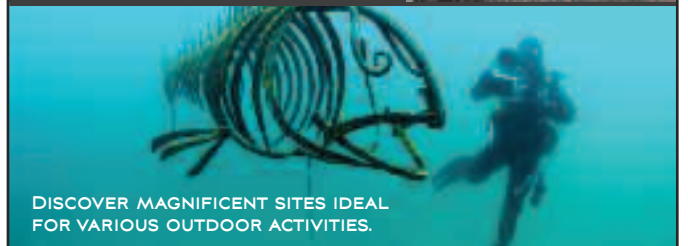


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The stone that travels
From May 25 to October 14, 2013

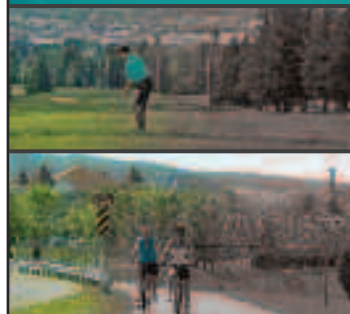
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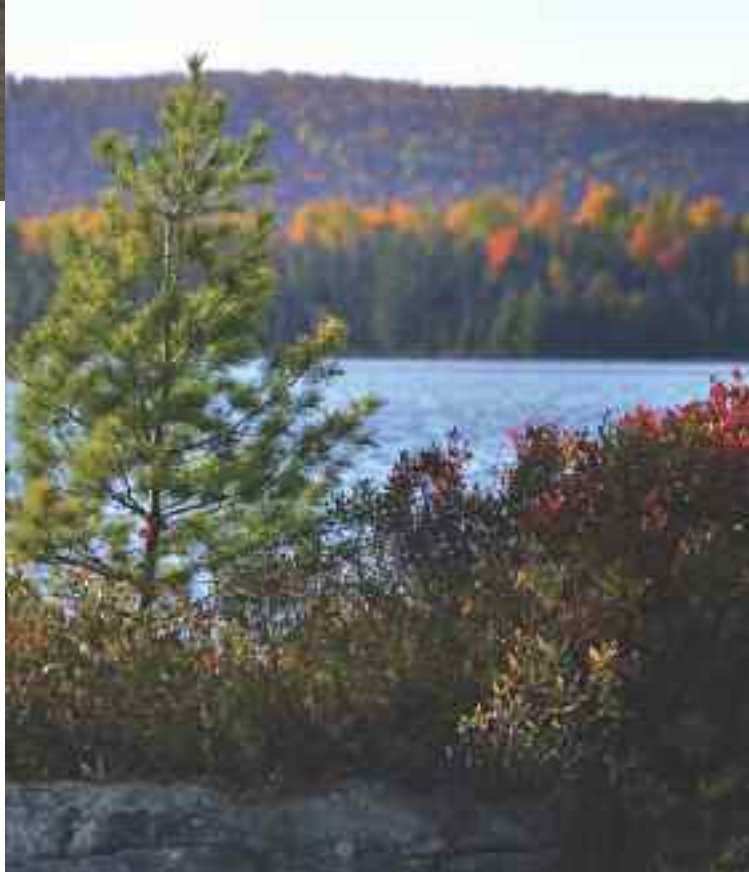
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EXHIBIT

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+ Coming this summer

TOP SECRET: mission toy Inspired by the style and language of spy book and movies, this exhibition lets children know that when it comes to toys – they're the experts. In a «secret» research facility called Toy Central – International Headquarters, kids can investigate intriguing toys and games from around the world. This exhibition is a great way to let children explore how toys help us to develop and learn about our world. A travelling exhibition produced by the Canadian Museum of Civilization

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All departures are from the Musée minéralogique et minier and admission fees for the museum are included in the price.



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711, boul. Frontenac Ouest (Road 112) of Thetford Mines
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SEPAQ

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GPS : 45° 50' 39 N -71° 09' 24 W

Reservations : 1 800 665-6527 • www.parcsquebec.com/frontenac

ST-DANIEL SECTOR :

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

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