

PARC NATIONAL DE LA JACQUES-CARTIER

DISCOVERY GUIDE

2019



WELCOME TO THE PARK

Pssst!

See the map on the back!



**Parc national de la Jacques-Cartier:
an impressive natural landscape
featuring unspoilt forest plateaus and
spectacular valleys to enjoy year-round,
only 30 minutes from Québec City**

Welcome to the Park!

Exceptional natural landscapes featuring spectacular mountains and valleys are yours to discover at Parc national de la Jacques-Cartier. A dedicated team is on hand to share their love for this land with visitors. Explore a protected and enhanced territory covering 670 square kilometres by enjoying a wide range of fun discovery activities and outdoor challenges. On the river, up the mountain or down in the valley, join us for an exciting downriver run or a pleasant fireside evening, take part in a lively interactive activity or simply indulge in a quiet moment of contemplation to fully experience the Jacques-Cartier River surroundings.

Find out more at sepaq.com/jacquescartier



Jacko
The Moose

THE MOOSE, PARK EMBLEM

Moose are well adapted to the vast expanse of forests in Parc national de la Jacques-Cartier. They are regularly seen grazing water plants along the Jacques-Cartier River, where they can cool down and get away from biting insects. Moose sightseeing has become a captivating experience for many visitors at the park.

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

SUPERVISED ACCESS FOR DOGS



Dogs are allowed at Parc national de la Jacques-Cartier, in certain designated areas.

All details at sepaq.com/animals

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.
- 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 regulations is essential, and the offer could be reviewed if non-compliance is noted.

AUTHORIZED PLACES

Dogs are allowed only in La Vallée sector, east of the Jacques-Cartier River and up to Sautauriski bridge.

Summer trail La Tourbière, L'Éperon, L'Aperçu, Les Coulées, La Rivière-Sautauriski

Camping La Bétulaie campground (except for ready-to-camp)
La Vallée RV area, Les Érables group campground

Picnic area Les Deux-Rivières picnic area

Nautical access point Fishing site parking lots along the river south of Sautauriski bridge. The by-the-hour equipment rental site at kilometre 3 is the only location from which dogs can access watercraft.
Dogs are not allowed in downriver paddling activities.

Winter trail La Tourbière, Les Coulées, La Rivière-Sautauriski, La Rivière-Cachée, La Mésange

MUST-DOS



A

OFF-TRAIL SECTORS

Enjoy a range of exciting winter activities at the Park, such as alpine touring, telemark skiing, snow surfing and snowshoeing in two sectors covering more than 150 hectares!



B

SMOOTH DOWNRIVER RUN

Glide along the smooth waters of the Jacques-Cartier River on a stand up paddleboard or in a canoe, kayak or inflatable canoe. Set out from Km 3.

Details on page 10.



C

KICKSLEDDING

More than 20 km of trails cut through the park for avid fatbikers and kickslidders to enjoy. Discover the spectacular sceneries of the valley that unfold under a pristine blanket of snow. Kicksleds and fatbikes can be rented all winter long.



D

INNER TUBE

In the hot days of summer, come "trip" on the Jacques-Cartier. Get comfortable on your tube and savour a magnificent summer afternoon drifting gently down the river.

Details on page 10.



E

SCENIC ESCAPE

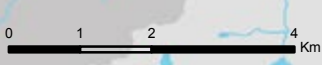
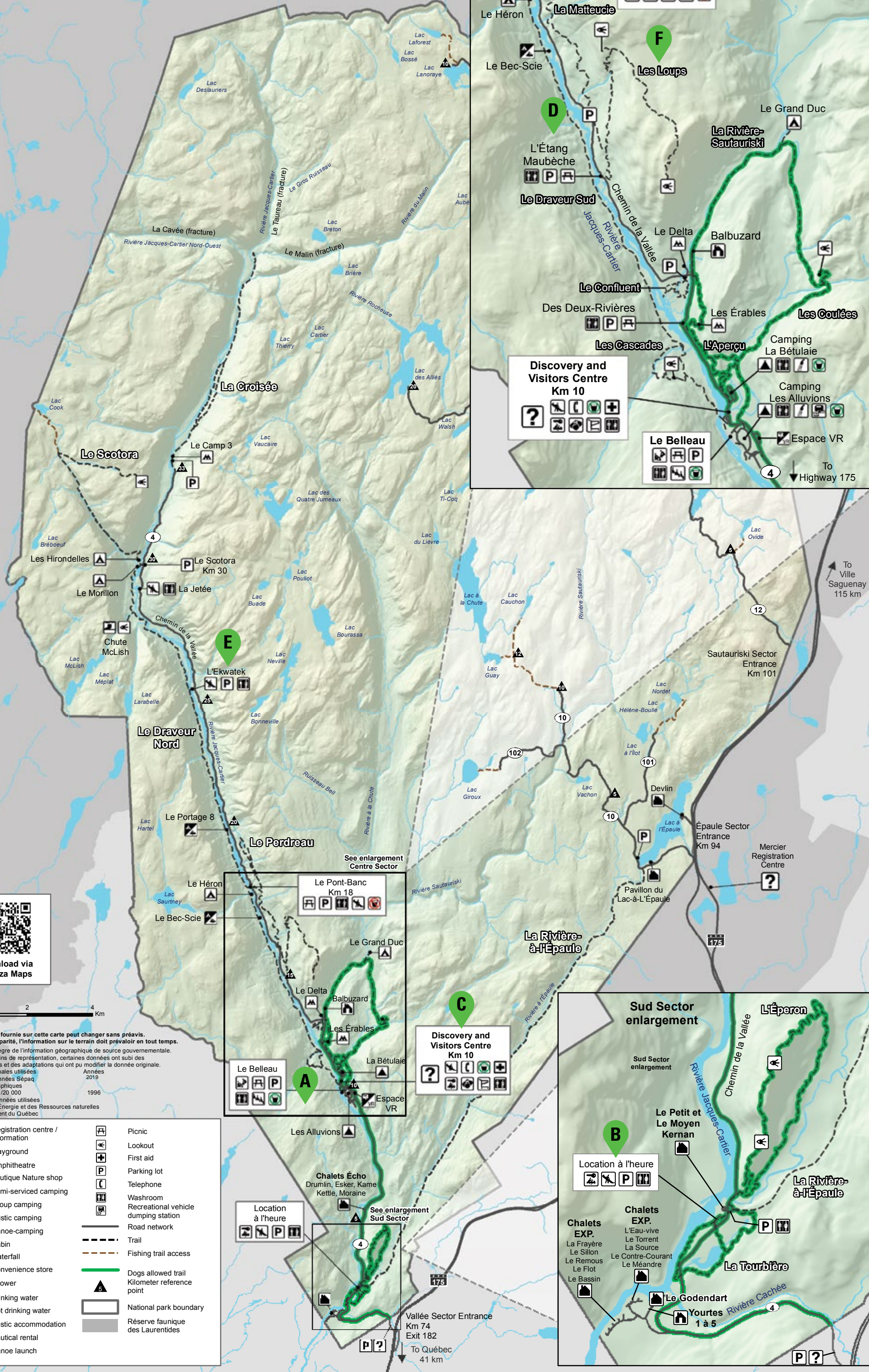
In a canoe or tandem kayak in the company of a guide, paddle down the calm waters of the river and challenge yourself to a few rapids. Learn how to manoeuvre the watercraft and identify rapids as you discover more about the characteristics of the park and its river. Details on page 10.



F

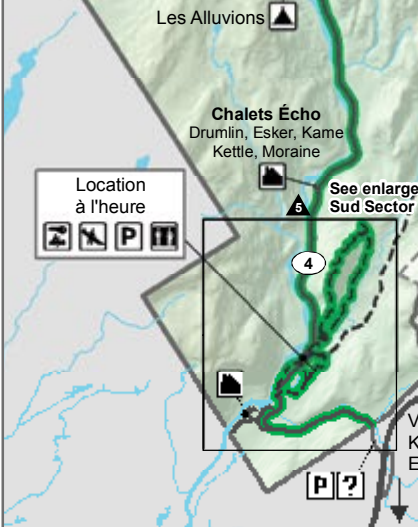
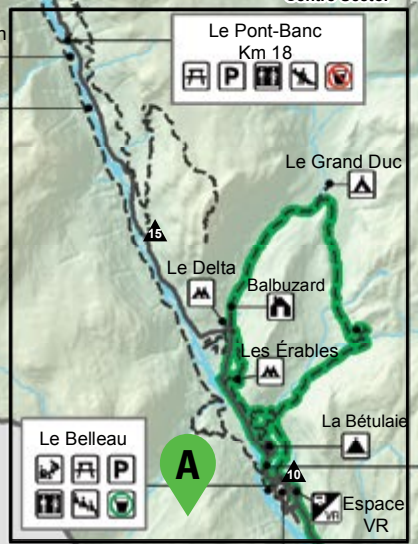
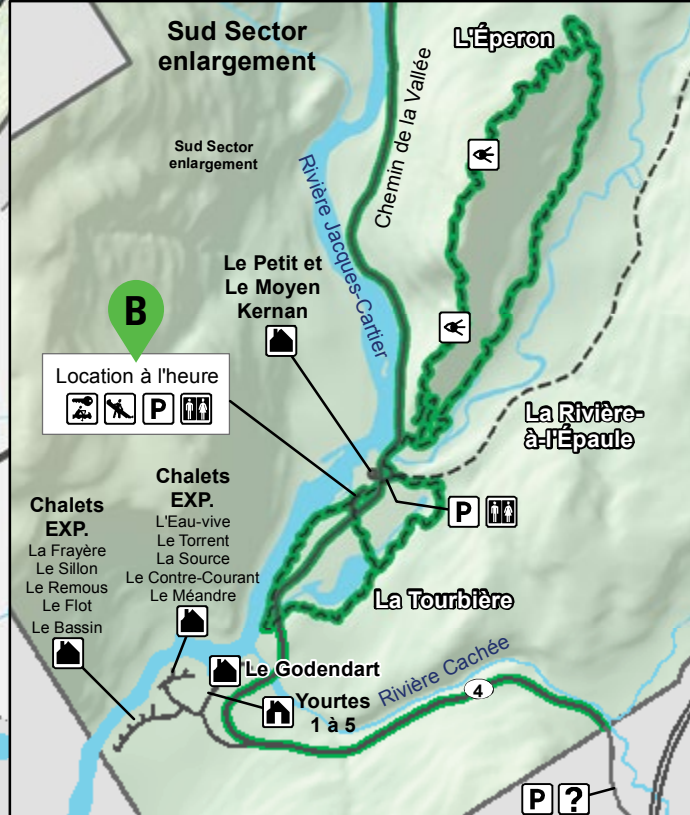
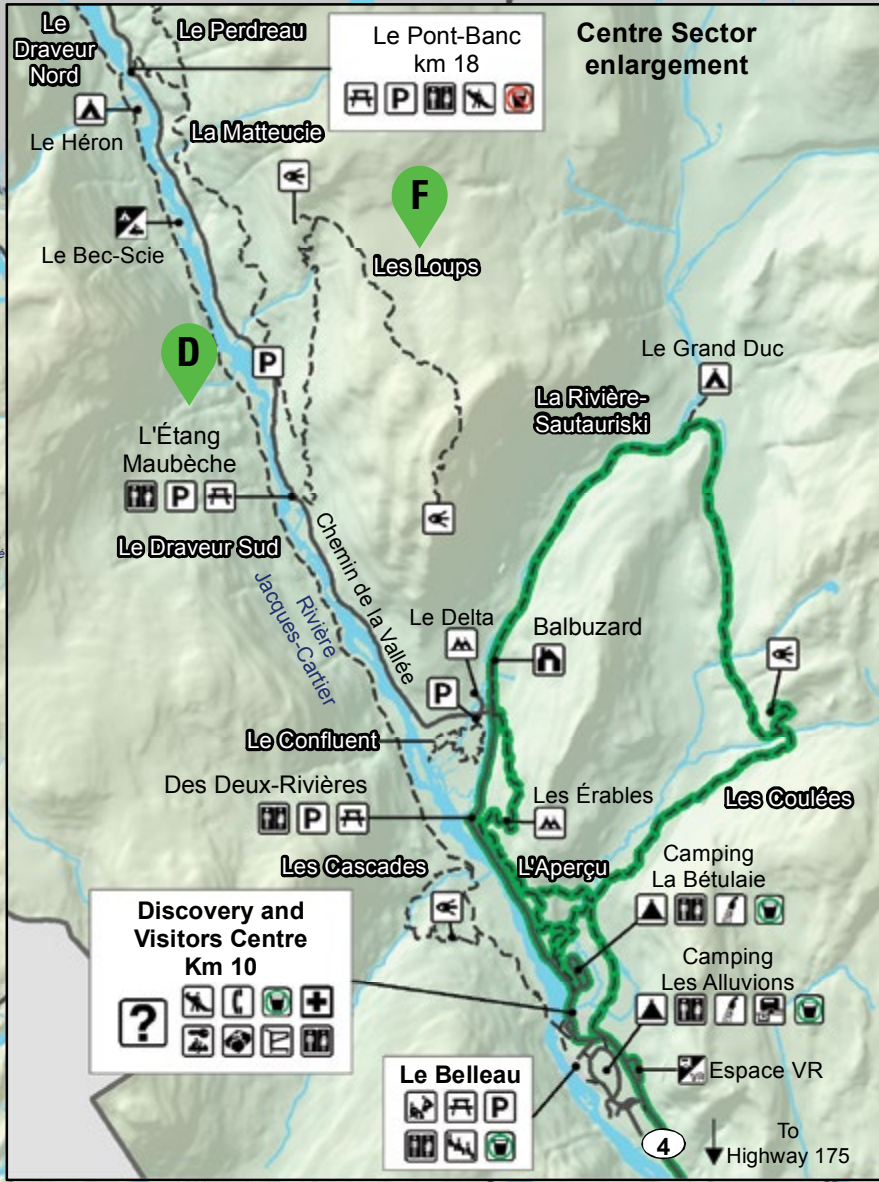
LES LOUPS TRAIL

Accessible year-round, this trail offers breathtaking views of the towering walls bordering the Jacques-Cartier River.



L'information fournie sur cette carte peut changer sans préavis.
 En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.
 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, 2019
 Cartes topographiques à l'échelle de 1/20 000, 1996
 Source des données utilisées :
 Ministère de l'Énergie et des Ressources naturelles
 © Gouvernement du Québec

- | | | | |
|--|-----------------------------------|--|--------------------------------------|
| | Registration centre / Information | | Picnic |
| | Playground | | Lookout |
| | Amphitheatre | | First aid |
| | Boutique Nature shop | | Parking lot |
| | Semi-serviced camping | | Telephone |
| | Group camping | | Washroom |
| | Rustic camping | | Recreational vehicle dumping station |
| | Canoe-camping | | Road network |
| | Cabin | | Trail |
| | Waterfall | | Fishing trail access |
| | Convenience store | | Dogs allowed trail |
| | Shower | | Kilometer reference point |
| | Drinking water | | National park boundary |
| | Not drinking water | | Réserve faunique des Laurentides |
| | Rustic accommodation | | |
| | Nautical rental | | |
| | Canoe launch | | |



DISCOVER OUR TRAILS



TRAIL		LENGTH AND DURATION*		LEVEL OF DIFFICULTY	DEPARTURE POINT
	La Tourbière – This short hike is filled with sights worth seeing! Visit a peat bog, a fir stand and a yellow birch forest...	2.9 km return trip	1 h	B	Km 3
	L'Éperon – Discover the L'Épaule mountain, hike along the meandering river and take in a succession of breathtaking views of the valley. Featuring a 210-m elevation.	5.4 km loop	2 ¼ h	I	Km 3
	La Rivière-à-l'Épaule – Reach the À L'Épaule sector by taking this trail: a worthy challenge for mountain bike enthusiasts.	40 km return trip	Summer 5 ½ h	A	Km 3 or À L'Épaule Sector (Km 94 from Highway 175)
	L'Aperçu – Hike along the magnificent surroundings of the Belleau brook for a thrilling outing full of discoveries. <i>Get our brochure available at the Discovery and Visitors Centre.</i>	2.2 km loop	45 min	B	Km 10
	Les Cascades – Cool sounds and an exhilarating visual experience await you on this trail running next to a cascading brook.	4 km loop	1 ½ h	B	Km 10
	Le Draveur Sud – Hike this forest trail and make a refreshing stop along the banks of the Jacques-Cartier River.	14.8 km return trip	5 h	B I (Biking)	Km 10 or Km 18
	Les Coulées – Travel through the valley from the Belleau brook and discover the splendours of the rolling Laurentides mountains. Featuring a 210-m elevation.	10.4 km loop	3 ½ h	I	Km 10
	La Rivière-Sautauriski – Let the Sautauriski river work its charm, at times still, other times tumultuous and at times stony, other times sandy. This habitat is perfect for Atlantic salmon.	Hiking: 4.8 km return trip Biking: 10 km return trip	1 ½ h 1 h	B B	Km 12.5 Km 10
	Le Confluent – Explore a delta teeming with life and discover the rich diversity of terrestrial, wetland and aquatic habitats.	1.7 km loop	35 min	B	Km 12.5
	Les Loups – Breathtaking! See the most striking fractures of the Laurentides massif and the spectacular Jacques-Cartier and Sautauriski valleys. Featuring a 447-metre elevation. <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	5 km return trip 1 st Observation Deck 11 km return trip 2 nd Observation Deck	2 h 3 ½ h	A	Km 16
	La Matteucie – Link the Le Perdreau and Les Loups trails by making your way through lush undergrowth and fern.	4.8 km return trip	1 ½ h	B	Km 16 or Km 18
	Le Perdreau – Starting with a steep climb, set off to discover the mysterious Buvard Lake and hike through splendid maple groves.	5.4 km loop	1 ¾ h	I	Km 18
	Le Draveur Nord - Take in the full beauty of the Jacques-Cartier River and combine magnificent viewpoints of the valley and striking rock faces. Perhaps you will encounter a moose!	24.8 km return trip	8 ½ h	I	Km 18 or Km 30
	Le Scotora – Climb the Scotora and follow the historical Jesuits trail to reach the park's western high plateau. Hike along a long brook invaded by beaver colonies and reach the summit of Mont Adante offering a spectacular view of the valley gorges. Featuring a 405-metre elevation.	16 km return trip	5 ¼ h	A	Km 30
	La Croisée – Hike through deep gorges to reach the magnificent great crests above the Jacques-Cartier River.	15.8 km return trip	4 ½ h	B	Km 33

In the park, several trails are now accessible for geocaching. Geocaching enthusiasts can obtain information on Geocaching.com or the website of volunteers in charge of the caches for this game at: www.lesmarcheurs.com. The list of geocache locations is also available at the Discovery and Visitors Centre.

Hiking Mountain Biking Self-interpretation Dogs Allowed

B: Beginner **I**: Intermediate **A**: Advanced

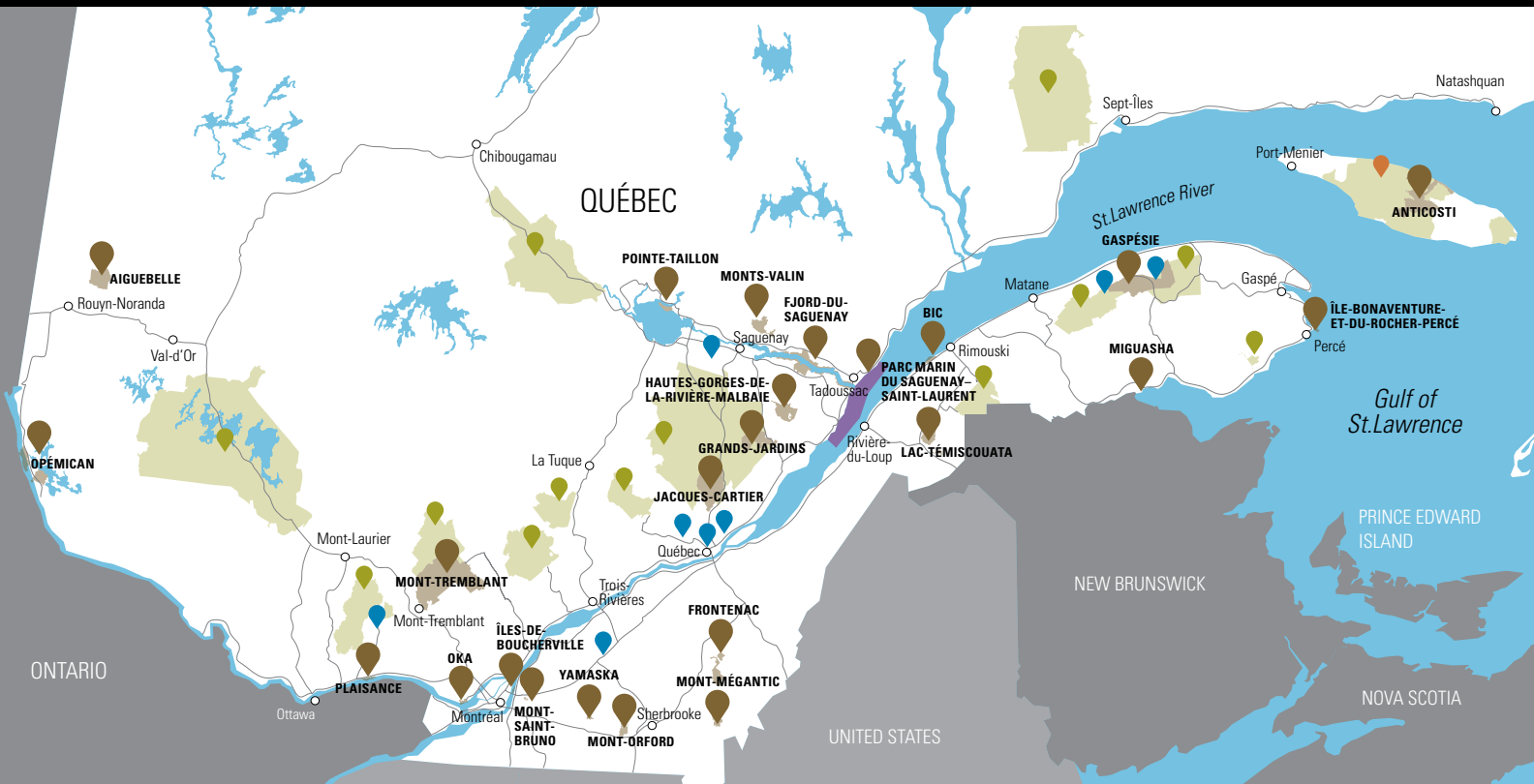
*Durations and levels of difficulty indicated are for information purposes only and apply to the summer season.

On busy fall weekends when there is a lot of traffic, the free shuttle is mandatory to reach some of the trails.

THE LARGEST NATURE AND OUTDOOR NETWORK IN QUÉBEC

Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at sepaq.com



NATIONAL PARKS |
 WILDLIFE RESERVES |
 TOURIST ESTABLISHMENTS |
 SÉPAQ ANTICOSTI

QUÉBEC NATIONAL PARKS DAY September 7, 2019

FREE ADMISSION

SÉPAQ WINTER DAY JANUARY 25, 2020

FREE ADMISSION



Come and see us at our shop

A number of exclusive products to discover!

Take a little bit of nature home with you when you visit our gift shop. **All profits from the sale of our products are reinvested in Québec's national parks.** A great way to contribute to the protection of our natural heritage!

DISCOVERY TIME



ACTIVITY	MEETING POINT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPRING May 18 to June 20								
Follow the Current in a Rabaska Canoe	☎ \$ Pont-Banc Picnic Shelter, Km 18	2:45 to 4 p.m. May 20					1 to 2:15 p.m. and/or 2:45 to 4 p.m.	
Beneath Giant Rocks	☎ \$ Interpretation Site	1 to 2:15 p.m. May 20						
SUMMER June 21 to August 25								
The Legend of the Golden Salmon	Amphitheatre, Km 10	9 to 9:30 a.m.						
Margo in the Kingdom of Animals	Amphitheatre, Km 10				9 to 9:30 a.m.			
River Detectives!	☎ Belleau area, Km 10						10 to 11:15 a.m.	
We're not out of the woods yet!	Discovery and Visitors Centre							10 to 11:15 a.m.
Follow the Current in a Rabaska Canoe	☎ \$ Pont-Banc Picnic Shelter, Km 18	Every day from 1 to 2:15 p.m. and/or 2:45 to 4 p.m.						
Beneath Giant Rocks	☎ \$ Interpretation Site							
SOS Bats	Amphitheatre, Km 10	7 to 7:45 p.m.						
Master Beaver is a Master Builder	Amphitheatre, Km 10				7 to 7:45 p.m.		7 to 7:45 p.m.	
Mysteries of the Night	☎ \$ Discovery and Visitors Centre	9 to 11 p.m.			9 to 11 p.m.		9 to 11 p.m.	
Through Mountains and Torrents	Amphitheatre, Km 10		8 to 9 p.m.					
An Evening of Tall Tales	Belleau Picnic, Km 10			7 to 8:15 p.m.				
Meeting with the Moon	☎ \$ Pont-Banc Picnic Shelter, Km 18			8 to 10 p.m.				
The Odyssey of Animals	Amphitheatre, Km 10					8 to 9 p.m.		
Shedding Light on the Stars	Amphitheatre, Km 10							9 to 10 p.m.
FALL August 31 to October 14								
Follow the Current in a Rabaska Canoe	☎ \$ Pont-Banc Picnic Shelter, Km 18	1 to 2:15 p.m. Sept. 2 and Oct. 14					1 to 2:15 p.m. and/or 2:45 to 4 p.m.	
Beneath Giant Rocks	☎ \$ Interpretation Site	2:45 to 4 p.m. Sept. 2 and Oct. 14						

For the May 18 to 20 (National Patriots' Day), August 31 to September 2 (Labour Day) and October 12 to 14 (Thanksgiving) weekends, a special program will be available on site.

☎ Priced activities. Park entry fees are not included.

☎ Registration is mandatory at the Discovery and Visitors Centre or by calling at 418-848-3169, ext 6.

The activities are free for children under 17
(Accompanied by an adult - does not apply to youth groups).

Park entry fees and taxes are extra. Reservation is mandatory at the Discovery and Visitors Centre or by calling at 418-848-3169.



ON WATER

FOLLOW THE CURRENT IN A RABASKA CANOE

Enjoy a relaxing, unforgettable sightseeing ride into the heart of a spectacular valley. Learn more about the origins of this impressive landscape and discover how the “Battle of the Jacques-Cartier” marked the history of Quebec.

Rate: \$9/adult | FREE for children

Minimum age: 5

MEETING WITH THE MOON

Glide in a Rabaska canoe along the river at dusk and indulge in the soothing ambiance as the sights and sounds of the valley work their charm: the mating signals of fireflies glowing in the dark, hunting bats flying about and brook trout jumping out of the water.

Rate: \$14.75/adult | FREE for children

Minimum age: 10

ON FOOT

BENEATH GIANT ROCKS

Follow the guide and explore unusual passageways created with huge boulders that are covered in multi-coloured moss. Amaze at this very frail, yet lush setting that must be protected.

Get 50% off on the Follow the Current in a Rabaska Canoe activity when you register.

Rate: \$4.50/adult | FREE for children

Minimum age: 5

MYSTERIES OF THE NIGHT

Set out on a unique lantern-guided hike at night and safely experience the stillness of a sleeping forest. Learn how critters adapt to darkness: Who sleeps? Who hunts? Where and how?

Rate: \$12.50/adult | FREE for children

Minimum age: 8

STORIES AND THEATRE TALKS

THROUGH MOUNTAINS AND TORRENTS

Imagine yourself in the ‘40s... Drivers, lumberjacks and other memorable characters get together to tell how a great park was created. This story is for young people to hear and older generations to recollect. **FREE**

MASTER BEAVER IS A MASTER BUILDER

Discover how amazing the beaver is at adapting to life in water with its building feats! **FREE**

SHEDDING LIGHT ON THE STARS

Join us on a captivating evening of astronomy at the amphitheatre and amaze at the starlit skies. Weather permitting, learn how to recognize the constellations in the dark sky on an outing in the park. **FREE**

THE ODYSSEY OF ANIMALS

In this story, you are the hero. Immerse yourself in the life of animals in the park and explore the connections between preys and predators. Only those who choose the best adaptations will win this exciting race for evolution! **FREE**

AN EVENING OF TALL TALES

Hear, hear! Join us around the camp fire and listen to amazing stories that will stir your imagination. Remember to bring along your cup. Nice hot chocolate will be served to all participants. In case of rain, the activity will be held at the amphitheatre. **FREE**

SOS BATS

Bats are small mammals that fly under the radar, but they are now in significant decline. Come along with us on this thrilling epic tale where these elusive critters lurking in the dark will be unmasked! **FREE**

FOR YOUNG EXPLORERS

RIVER DETECTIVES!

There is life everywhere... above water, underwater and in the mud! Snoop around with us and discover fascinating creatures! **In case of rain, this activity will be held under the Belleau shelter. FREE**

THE LEGEND OF THE GOLDEN SALMON

Puppet Theater

Listen to the incredible story of Leo the Fisherman who, one day, came face to face with the Golden Salmon. The story says that this fish with magical powers granted three wishes to Leo, who dreamed in secret of living like the moose, the wolf and the eagle.

FREE

MARGO IN THE KINGDOM OF ANIMALS

Puppet Theater

Meet Margo, a magical creature that talks with animals. You will be surprised to discover how clever animals are at adapting to life in nature. A wonderful adventure awaits you! **FREE**

WE'RE NOT OUT OF THE WOODS YET!

Rally

Deep in the woods, scan the canopy of trees and nose around the moss-covered ground to collect figurines that will reveal the best-kept secrets of the forest. Sun, water, mushrooms and butterflies: discover how important it is for all these elements to relate to each other, from the smallest to the largest! **FREE**

These activities are mostly held in French. However, we can arrange for a particular activity to be held in English for a group upon request. Obtain more information at the Discovery and Visitors Centre.

WATER ACTIVITIES



DOWNRIVER RUNS **BETTER TO RESERVE EARLY** (at least 24 hr in advance) **1 800 665-6527**

DOWNRIVER RUNS	ITINERARY	DEPARTURES WITH SHUTTLES	DISTANCE/ LENGTH	LEVEL OF DIFFICULTY	DESCRIPTION	WATERCRAFT	RATES (watercraft and shuttle)
GUIDED DOWNRIVER RUNS (Saturday and Sunday)							
MINIRAFT EXPERIENCE 2 p.m. to 5 p.m.	From Pont-Banc to the Rental Centre	From June 15 to September 2 Saturday and Sunday	8 km 3 h	Challenging Run	What's in store: splendid sceneries, interpretation talks on the natural surroundings and a few tips on manoeuvring a miniraft.	Miniraft	Adult: \$50.50 Child: \$35.00 (Child 5 to 17)
PANORAMIC ESCAPE 8:30 a.m. to 12:30 p.m.	From Km 25 to Pont-Banc	From June 15 to September 2 Saturday and Sunday	7 km 4 h	Sightseeing Run	In a canoe or tandem kayak, paddle down a succession of calm water sections and a few rapids in the company of a guide.	Canoe Tandem Kayak	Adult: \$53.00 Child: \$35.00 (Child 12 to 17) Adult: \$55.50 Child: \$35.00 (Child 12 to 17)
SELF-GUIDED DOWNRIVER RUNS							
IMPORTANT! DEPARTURES WITH SHUTTLES: You must show up at the Watercraft Rental Centre 45 MINUTES PRIOR TO DEPARTURE.							
JETEE	From La Jetee to the Rental Centre	From May 18 to October 14* 8:30 a.m.	19 km 4 h to 5 h	Challenging Run	A combined run of 19 km featuring a 7.5-km spectacular section followed by a series of 10 Class I to III rapids (children over 12)	Canoe Inflatable Canoe Solo Kayak Tandem Kayak	\$92.00 \$78.50 \$66.50 \$96.50
PONT-BANC	From Pont-Banc to the Rental Centre	From May 18 to October 14* 9:30 a.m., 11 a.m., 1:30 p.m.	8 km 1 ½ h to 2 h	Challenging Run	White water run of 8 km featuring 4 Class I to III rapids Children over 12 (canoe and kayak) Children over 5 (mini-raft)	Canoe Inflatable Canoe Solo Kayak Tandem Kayak 5-Place Miniraft 7-Place Miniraft	\$59.00 \$49.50 \$44.00 \$62.50 \$102.50 \$147.25
MAUBECHÉ (Air tubes)	From the Maubeche Pond to the Rental Centre	From June 15 to September 2 9:30 a.m., 11:30 a.m., 12:30 p.m., 2:30 p.m.	5 km 1 h to 1 ¼ h	Sightseeing Run	Downriver run for air tubes only A calm run featuring smooth current to simply drift along the river (children over 5)	Air Tube	\$19.00
PARCOURS SUD	From the Rental Centre to the end of the canoe run	From May 18 to October 14* 2 p.m.	7 km 1 ½ h to 2 h	Sightseeing Run	Downriver run of 7 km featuring 3 Class I and II rapids A perfect run for a summer afternoon (children over 12)	Canoe Inflatable Canoe Solo Kayak Tandem Kayak	\$59.00 \$49.50 \$44.00 \$62.50

* From May 18 to June 14 and from September 3 to October 14: Schedule may vary - Please confirm at the Discovery and Visitors Centre.
Park entry fees and taxes are extra.

STILL WATERS

HOURLY RENTAL (Km 3)	
CANOE	\$17.75
SOLO KAYAK	\$16.00
INFLATABLE CANOE	\$13.00
STAND UP PADDLING	\$17.75



SLEEPING UNDER THE STARS



EXP. Cabin



Ready-to-camp

To make the most of your visit to the park, reserve one of our accommodation sites. From your base camp, set out to discover the territory at your own pace and observe Nature up close in her full splendour, particularly at dawn and dusk.

Visitors can choose from among several types of accommodations and packages:

- Rustic Camping
- Camping with 1 Service (electricity)
- Canoe-camping
- Ready-to-camp
- Cabin
- EXP. Cabin
- Yurt
- Rustic Shelter

Better to reserve early :
1 800 665-6527
sepaq.com/jacquescartier



Canoe-camping

FAMILY FUN IS HERE!



Free! For your children 17 years of age and under

In all seasons, your children can come with you absolutely without charge.

ACCESS TO NATIONAL PARKS

OUTDOOR EQUIPMENT LOAN*

A VAST ARRAY OF ADAPTED ACTIVITIES for the whole family

ACCESSORIES* ON LOAN for young children

*Certain conditions apply.

OUR TOP PICKS

AT PARC NATIONAL DE LA JACQUES-CARTIER

- Year-round, let the rustic appeal of our 5 **yurts** work their charm on you.
- Discover the natural diversity of **La Tourbière**.
- On **air tubes**, slowly drift along the river.
Minimum age: 5

CONSERVE FOR TOMORROW

FEEDING FOXES LEADS TOO OFTEN TO THEIR DEATH.

People may think that they help foxes by feeding them, but they are more likely to do them harm. Foxes and other wild animals that depend on humans for food can lose their survival instinct.

Feeding foxes from a vehicle or roadside is likely to encourage them to stay nearby, knowing well that there are opportunities to obtain food easily. Therefore, foxes are more at risk of being hit by passing vehicles. In recent years, several dead foxes have actually been noticed along the road because of this ill-advised action.

Foxes hunt a wide variety of rodents like woodchucks and squirrels. In fact, foxes contribute to controlling the populations of such animals. Foxes are not aggressive animals, but they are wild and may bite people trying to feed them. They can also carry and transmit diseases.

Here is why wild animals like the fox should not be fed:



- Wild animals find in nature the food that suits their needs;
- Food offered by people may not suit their digestive system and may lead to some diseases or health problems and even death;
- Wild animals may come to depend on the food they are offered and become more vulnerable to predators;
- With the appeal of food, they are likely to become less wary of humans, potentially creating sources of conflict or exposing them to danger;
- Disrupting the natural activities of wild animals changes their natural behaviour and sometimes puts their lives at risk.



As a reminder, it is prohibited at Parc national de la Jacques-Cartier to feed wild animals or leave food for them in the park.



DEADWOOD TEEMING WITH LIFE

Deadwood is of great ecological value for forest ecosystems. When a tree dies, it has only completed part of its ecological function.

Deadwood, whether standing (snag) or on the ground, is an essential element for forests to thrive. Deadwood actually provides a habitat that is vital to the survival of a host of organisms, including several species of birds, mammals, amphibians, insects, mosses and fungi. More than one hundred species may be found in a single dead tree. In fact, deadwood decomposing on the ground is a suitable substrate for the germination and growth of seeds and the regeneration of forests.

To preserve the natural wealth of forests for future generations, it is prohibited at all times to collect natural elements (animals, plants, deadwood, rocks, etc.).



PLAY ^{IT} SAFE



Photo: Steve Deschênes, Parc national des Grands-Jardins

IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY

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. We invite you to consult our safety guides for Sépaq activities, available at sepaq.com/security. You will also find a list of organizations that can help you plan your activities safely.

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.
- 🚫 Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.
- 🚫 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.

IN CASE OF EMERGENCY : 911

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

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

Parc national de la Jacques-Cartier

Exit 182, Highway 175 North
Stoneham-et-Tewkesbury
Information: 418-848-3169

Reservation: 1 800-665-6527
parc.jacques-cartier@sepaq.com
facebook.com/pqjac
sepaq.com/jacquescartier

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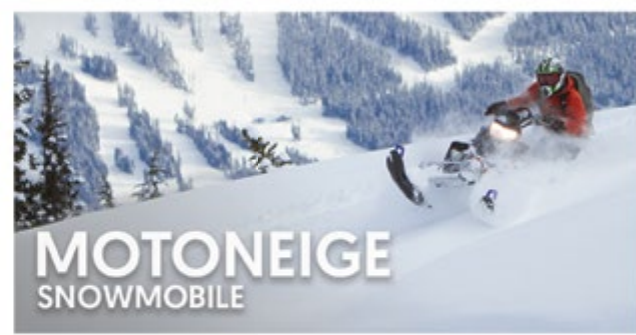
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