



# PARC NATIONAL DU MONT-TREMBLANT



## NEW

### THE REINVENTED CHUTE-AUX-RATS TRAIL

Chute-aux-Rats, a major attraction in the La Pimbina Sector, is now accessible by bike and on foot. It's a perfect route for the whole family, with picnic areas along the way.



### SECRETS DES LOUPS

Learn about the phases and first results of a major research project on wolves. During this talk at the Discovery Centre amphitheatre, the wolves will reveal their secrets... at least some of them! *Offered in French only.*



### LE CASTOR CAMPGROUND IS BETTER THAN EVER!

The campground now has 24 campsites with water and electricity service, making them perfect for all types of camping equipment. Plus, five new EXP. cabins will be available in August.



# WELCOME

QUÉBEC  
NATIONAL PARKS DAY

SEPTEMBER 10,  
2016

## EXPLORE NATURE AT ITS FINEST

The national parks in the Parcs Québec network provide a unique opportunity to enjoy nature at its finest.

The entry fee you're required to pay is your contribution to the development and conservation of these territories.

### FREE ADMISSION FOR CHILDREN 17 AND UNDER

Daily entry fee - Adults 18 years and over	\$8.50
Annual Network Card	\$76.50
Annual Park Card	\$42.50

Rates valid until December 31, 2016, taxes included. See complete fee schedule at [parcsquebec.com/card](http://parcsquebec.com/card)

## ANNUAL PARCS QUÉBEC NETWORK CARD

Unlimited access to all national parks in the Parcs Québec network for 12 months and an array of exclusive benefits:

- ONE FREE NIGHT OF CAMPING (semi-serviced site, on weekdays only)
  - ONE DAY PASS for a friend
  - BOUTIQUE NATURE SHOPS 15% off regular-priced items\*
  - CROSS-COUNTRY SKIING 15% off a day ticket
  - AQUARIUM DU QUÉBEC 15% off daily admission
  - PARC NATIONAL DU MONT-MÉGANTIC 15% off admission to the ASTROLab
  - PARC NATIONAL DE MIGUASHA 15% off admission to the museum
- Certain conditions apply.  
\*Excluding convenience store products and ski products.

Details at [parcsquebec.com/card](http://parcsquebec.com/card)

## CONTEST DESTINATION PARCS NUNAVIK

Between April 1 and September 1, 2016, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park Nunavik.

### A \$10,000 VALUE!

A choice among 3 destinations to explore at [parcsnunavik.ca](http://parcsnunavik.ca):

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

Details and contest rules at [parcsquebec.com/contest](http://parcsquebec.com/contest)





## ALL-EMBRACING NATURE

Created in 1895, the mission of the Parc national du Mont-Tremblant is to preserve a representative sample of the southern Laurentians, for us and for future generations. Discover the park's three large sectors—La Diable, La Pimbina and L'Assomption—each with its particular attractions and characteristics. The sheer size of this protected natural area and its wide variety of activities and services make it an ideal wilderness playground for outdoor enthusiasts of all ages. Discover it again for the first time!

## BREATHTAKING VIEWS FROM OBSERVATION DECKS

Four trails are crowned with an observation deck. La Roche and La Corniche offer lookouts that are representative of Lac Monroe's glacial valley and of the Mont Tremblant Massif. From the Grands-Vallées observation deck, you'll see a magnificent view of the park's rolling hills, and the L'Envol observation deck lets you enjoy an unobstructed view of the Pimbina Valley.



## WONDERFUL WATERFALLS

Discover the park's four waterfalls, each one unique! Chute du Diable and Chutes Croches (La Diable Sector) have accessible hiking trails and observation decks. The spectacular waterfall at Chute-aux-Rats (La Pimbina Sector) is over 17 metres high and features a picnic area, and Chute-aux-mûres has a charming little footbridge (La Cachée).



## WINTER IN THE PARK

The winter season in the park remains a well-kept secret with a lot to offer. The La Diable and La Pimbina Sectors offer experiences that are tailor-made for all, in the hushed calm of winter: accommodations and cross-country skiing, backcountry skiing and snowshoeing activities.



## SANDY SHORES

Some of the territory's nearly 400 lakes have sandy shores and allow for nautical activities. They include Lac-des-Sables, Lac Escalier and Lac Caché. There are also two supervised beaches for swimmers: Lac Monroe (La Diable Sector) and Lac Provost (La Pimbina Sector).



# ACTIVITIES AND EQUIPMENT RENTAL

## VIA FERRATA

The Via Ferrata is the perfect activity for people who enjoy beautiful views. A professional guide accompanies you throughout the activity. Beams, footbridges and suspension bridges will spice up your adventure in the park's high points. Important: For all departures, the minimum height is 1.3 metres (approx. 4 ft. 3 in.) and the maximum weight is 110 kg (242 lbs). Find out the other specific conditions at a registration centre. 2016 Schedule: June 11 to September 5. From September 6 to October 10: on Saturdays, Sundays and holidays (weekdays for groups of eight people).



## WATER ACTIVITIES

### RIVER CANOE-CAMPING

**Price** (taxes additional)  
**\$175** /2 people  
 /2 days/1 night

The magnificent Rivière du Diable offers a highly popular 25 km route with a selection of waterfront campsites. Transportation is available from the Lac Monroe Visitors Centre.

### LAKE CANOE-CAMPING

**\$95** /2 people  
 /2 days/1 night

**Choice of 4 destinations**  
 For a more easy-access canoe-camping experience, try it out on a lake.

### RIVER DESCENT

**\$54** per canoe

**Reservations recommended**  
 An unguided trip down the Méandres de la Diable, the winding section of the river, is the perfect aquatic activity to take full advantage of the river and its meanders. This half-day trip by canoe or kayak will amaze you with its spectacular scenery.



EXPERIENCE	LEVEL OF DIFFICULTY	APPROX. DURATION	MAX. PARTY SIZE PER DEPARTURE	ADULT PRICE*	CHILD PRICE*
The Excursion	Beginner	3 hrs	8	\$42	\$31.50
L'intermédiaire	Intermediate	4 hrs	8	\$56.50	\$42.50
Grande Virée	Advanced	5 hrs	8	\$71.75	\$53.75
Night Sunset	Advanced	4 h 30 min	8	\$62.75	\$47

\* Pricing: Taxes and entry fee not included.

## EQUIPMENT RENTAL

EQUIPMENT	DAY	4 hrs	1 hr
Rowboat	\$42.50	\$29.75	\$14.75
Canoe	\$47	\$33.25	\$16.50
2-Seater Pedal Boat		\$32.50	\$16.25
4-Seater Pedal Boat		\$39	\$19.50
Solo Kayak	\$43	\$30	\$15
Tandem Kayak	\$51.50	\$36.50	\$18.25
Adult Bike	\$39.50	\$27.50	\$14
Mountain Bike	\$49	\$34.25	\$17.25
Child Bike	\$19.75	\$13.75	\$7
Paddleboard	\$41.50	\$29	\$16.50

- Lac Monroe Visitors Centre
- La Crémaillère Beach\*
- Lac-Escalier Campground\*
- Lac-des-Sables Campground\*
- Pimbina Registration Centre
- Lac-Provost Beach\*
- L'Assomption Registration Centre
- Grand-Pin Campground\*
- La Cachée Registration Centre\*

\* Open from mid-June to Labour Day. Prices, terms and services are subject to change without notice.



# DISCOVERY ACTIVITIES



## GUIDED WATERWAY ROUTES

For these activities, the watercraft, lifejackets and paddles are provided. Participants must know how to paddle. Adult accompaniment is required for those under 15.

## GUIDED TRIP DOWN THE MEANDERS

**BILINGUAL**

In a canoe, explore a calm and winding section of Rivière du Diable, the park's largest river. Throughout the journey, a park warden–naturalist will point out things to observe and share knowledge with you. Activity upon reservation, places are limited. *Rates (taxes extra): Adults: \$52.50, children 17 and under accompanied by an adult: free (does not apply to groups of children).*



## SEA KAYAKING WITH THE LOONS

**BILINGUAL**

To experience something truly unique, take part in this sea kayak excursion on a large lake, in the company of a park warden–naturalist. Who knows? You may be lucky enough to spot some wildlife! Each child under the age of 15 must be paired with an adult in the kayak. Minimum age: 7. Activity upon reservation, places are limited. *Rates (taxes extra): Adults: \$47.50, children 17 and under accompanied by an adult: free (does not apply to groups of children).*

### **L'aventure du Monroe!** offered in French only

Inspired by geocaching, this excursion in a rabaska canoe on Lac Monroe will help you discover a few secrets in this lake's rich history. Accompanied by a park warden–naturalist, experience the Monroe Adventure! Activity upon reservation, places are limited. *Rates (taxes extra): Adults: \$11, children 17 and under accompanied by an adult: free (does not apply to groups of children).*

### **Marais safari** offered in French only

Enter one of the park's richest habitats at dusk on this guided canoe trip. Animal sightings guaranteed! Activity upon reservation, places are limited. *Rates (taxes extra): Adults: \$11, children 17 and under accompanied by an adult: free (does not apply to groups of children).*

## GAMES offered in French only

### **Duel des panaches**

What are the differences between the white-tailed deer and the moose? Two teams will go head-to-head in a bean-bag toss to learn about the two cervid species living in the park.

### **Des poissons et des hommes**

Take advantage of this activity to learn about the fish in the park. Whether or not you fish, you may be surprised by the underwater life of our lakes!

### **À table avec l'ours noir!**

Does the black bear's appetite live up to its reputation? During the game, have fun becoming the bear's personal chef and learn more about this familiar park mammal.

### **À qui est ce nid?**

Every year, thousands of birds make their nests in the park's various habitats. Why do they come here? How can we recognize them? The whole family can play this interactive game to find the answers.





## MULTIMEDIA TALKS offered in French only

### Secrets de loups **NEW**

Since last fall, several wolves in the park have been monitored via satellite-tracking collars. This talk will explain the phases of this vast research project and the current results. The wolves will reveal their secrets... at least some of them!

### Belette et compagnie

The mustelidae family is well represented among the mammals of the park. This talk gives you a better understanding of these discrete yet very active animals. Come meet this family. It's well worth knowing!

### Castor bricoleur

Why do beavers build dams? Why do so many of these semi-aquatic mammals live in Parc national du Mont-Tremblant? This presentation, accompanied by pictures, will tell you all you ever wanted to know about beavers!

### Lumière sur les étoiles

The starry sky is one of nature's most spectacular sights, but because of modern-day light pollution, it is increasingly difficult to see. Come and enjoy this star-studded astronomical activity. Held rain or (star)shine.

### Des rôdeurs parmi nous

Observing wildlife is one of the great activities you can do in the park. While most species make themselves scarce, some of them can become pretty friendly. This lively activity invites you to "unmask" the park's prowlers.

### Jeoparc !

Participate as a contestant or a spectator in this fun quiz game. JEOPARC! The televised challenge that tests your knowledge! Have fun and get a chance to win the grand prize!

### Le Grand Jeu Parcs Québec **NEW**

Intrigued by national parks? Curious to discover their secrets? Take part in this great family game in the company of *Pat l'original* and friends of Parcs Québec.



## FIRESIDE TALKS offered in French only

### Histoires de loups

Gathered around a campfire, enjoy three anecdotal stories about these fascinating predators. But wolves aren't the only stars of these stories! An evening that will keep you spellbound.

### Contes et légendes amérindiennes

Did you know that the First Nations who used to live in this area believed in "Manitou"? Perhaps he'll show himself during this activity! Come hear the tale of Wematen's journey to learn more.

## L'INFO-NATURE **BILINGUAL**

It's the place to go if you want to discuss the park and its features with a warden-naturalist. Take advantage of your stay at the park to find answers to your questions.

## SELF-GUIDED DISCOVERY PATHS

If you want to learn more about the park's history and nature, but on your own and at your own pace, then our nature trail discovery brochures are perfect for you! See the Hiking Guide on page 10. A discovery brochure is also available for a self-guided trip down Rivière du Diable, from Lac Chat to La Vache Noire.



## DO YOU HAVE YOUR PASSPORT?

Get your passport stamped each time you attend a discovery activity. The more often you participate, the more chances you have to win a \$100 gift card the Parc national du Mont-Tremblant.

Passports given to children aged 5 to 12.

# DISCOVERY ACTIVITIES

See pages 5 and 6  
for more information

On rainy days,

a park warden–naturalist will give a special presentation at the Discovery Centre at 3 p.m. More information on location.



## SUMMER / June 24 to September 4

Between August 29 and September 2, only activities with a reservation system are held.

Day	Sector	Time	Duration	Activity	Description	Meet-up point
Every day	Diable	10:00 a.m.	3 hrs	Guided trip down the Meanders \$ C	Canoe	La Sablonnière Campground Bridge
		11:00 a.m.	1 hr	L'info-nature	Group talks	Discovery Centre
		2:30 p.m.	2 hrs	Sea kayaking with the loons \$ C	Canoe	Discovery Centre
Saturday	Diable	11:00 a.m.	1 hr	Duel des panaches	Game	Lac-Escalier shoreline
		2:30 p.m.	2 hrs	L'aventure du Monroe \$ C	Canoe	Discovery Centre - Fire pit
		4:00 p.m.	1 hr	À table avec l'ours noir !	Game	La Crémaillère Beach
		8:00 p.m.	1 hr	Secrets de loups	Multimedia talks	Discovery Centre
		9:30 p.m.	1 hr	Histoires de loups	Fireside talks	Discovery Centre - Fire pit <sup>1</sup>
	Pimbina	4:00 p.m.	1 hr	Duel des panaches	Game	Lac-Provost Beach <sup>2</sup>
		8:00 p.m.	1 hr	Contes et légendes amérindiennes	Fireside talks	Pointe du Geai-Bleu - Fire pit <sup>2</sup>
L'Assomption	4:00 p.m.	1 hr	Des poissons et des hommes	Game	Camping Grand-Pin - Tent	
Sunday	Diable	4:00 p.m.	1 hr	Duel des panaches	Game	La Crémaillère Beach
		8:00 p.m.	1 hr	Jeoparc !	Multimedia talks	Discovery Centre
	L'Assomption	11:00 a.m.	1 hr	À table avec l'ours noir !	Game	Camping Grand-Pin - Tent
Monday	Diable	4:00 p.m.	1 hr	À qui est ce nid ?	Game	La Crémaillère Beach
		8:00 p.m.	50 min	Castor bricoleur	Multimedia talks	Discovery Centre
		9:00 p.m.	1 hr	Lumière sur les étoiles	Multimedia talks	Discovery Centre
Tuesday	Diable	4:00 p.m.	1 hr	Des poissons et des hommes	Game	La Crémaillère Beach
		6:30 p.m.	2 hrs	Marais safari \$ C	Canoe	Camping de l'Étroit - Parking lot
		8:00 p.m.	1 hr	Belette et compagnie	Multimedia talks	Discovery Centre
Pimbina	4:00 p.m.	1 hr	À table avec l'ours noir !	Game	Lac-Provost Beach <sup>2</sup>	
Wednesday	Diable	11:00 a.m.	1 hr	À table avec l'ours noir !	Game	Lac-Escalier shoreline
		2:30 p.m.	2 hrs	L'aventure du Monroe \$ C	Canoe	Discovery Centre - Fire pit
		4:00 p.m.	1 hr	Duel des panaches	Game	La Crémaillère Beach
		8:00 p.m.	1 hr	Secrets de loups	Multimedia talks	Discovery Centre
		9:30 p.m.	1 hr	Contes et légendes amérindiennes	Fireside talks	Discovery Centre - Fire pit <sup>1</sup>
	Pimbina	4:00 p.m.	1 hr	Des poissons et des hommes	Game	Lac-Provost Beach <sup>2</sup>
8:00 p.m.	1 hr	Histoires de loups	Fireside talks	Pointe du Geai-Bleu - Fire pit <sup>2</sup>		
Thursday	Diable	4:00 p.m.	1 hr	À table avec l'ours noir !	Game	La Crémaillère Beach
		6:30 p.m.	2 hrs	Marais safari \$ C	Canoe	Camping de l'Étroit - Parking lot
		8:00 p.m.	1 hr	Le Grand Jeu Parcs Québec	Multimedia talks	Discovery Centre
Friday	Diable	4:00 p.m.	1 hr	À qui est ce nid ?	Game	La Crémaillère Beach
		8:00 p.m.	1 hr	Des rôdeurs parmi nous	Multimedia talks	Discovery Centre

La Diable Sector

La Pimbina Sector

L'Assomption Sector

\$ Priced activities payable upon reservation. Please refer to pages 9-10 for description of activities and fees.

C Reservations required at the Registration Centres or by phone at 819-688-2281. Please notify us of cancellations.

<sup>1</sup> In case of rain, the activity will be held at the Discovery Centre.

<sup>2</sup> In case of rain, the activity will be held at the La Pimbina Registration Centre.

## FALL

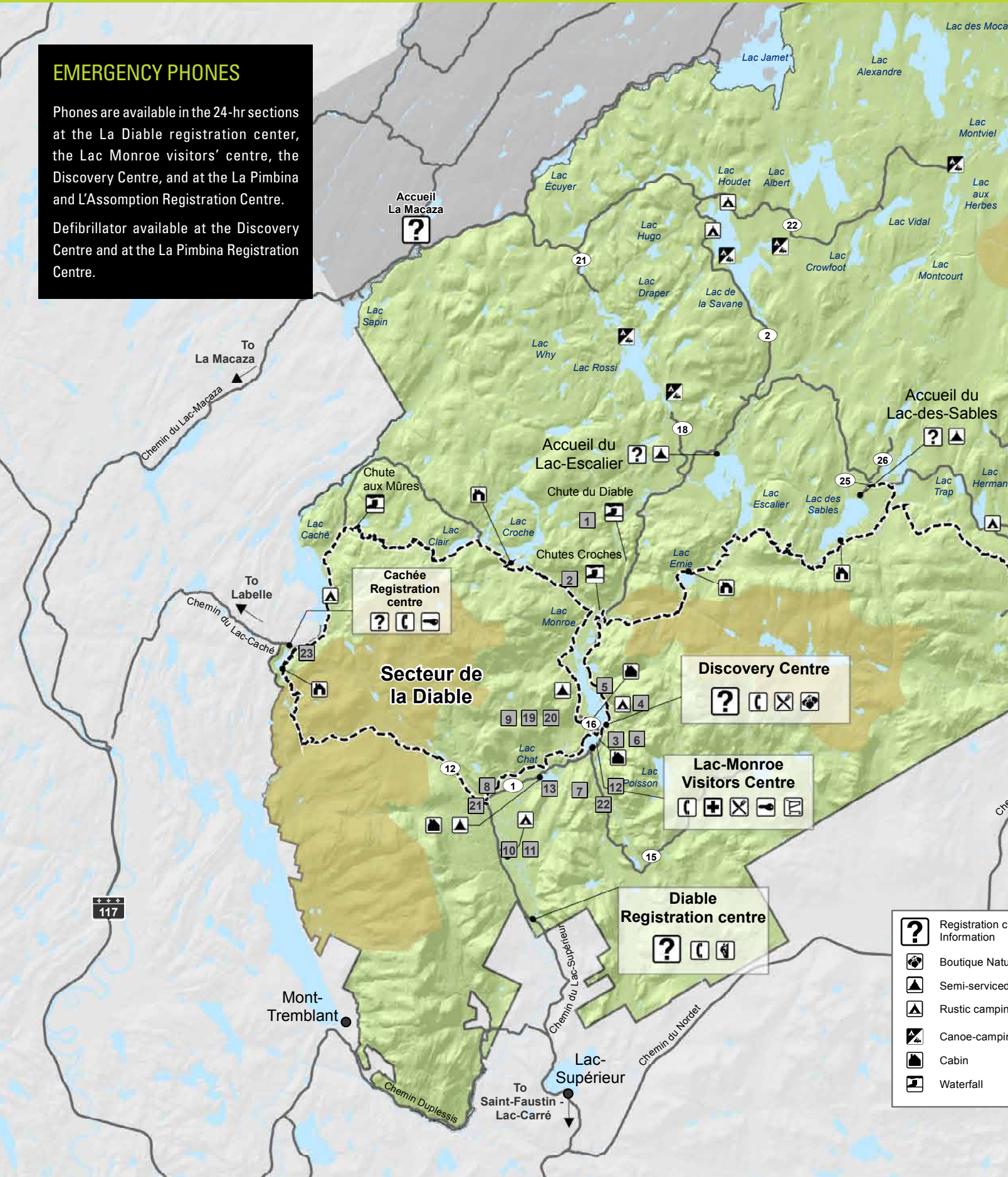
<b>La Diable Sector</b>	Saturdays and Sundays from September 10 to October 9	Info-Nature Time from 11:00 a.m. to 1:00 p.m. at the Discovery Centre, and from 2:00 p.m. to 4:00 p.m. at the La Roche Trail.
<b>La Pimbina Sector</b>	Saturdays September 24 and October 1	Info-Nature Time from 11:00 a.m. to 1:00 p.m. at the La Pimbina Registration Centre.

# GENERAL PARK MAP

## EMERGENCY PHONES

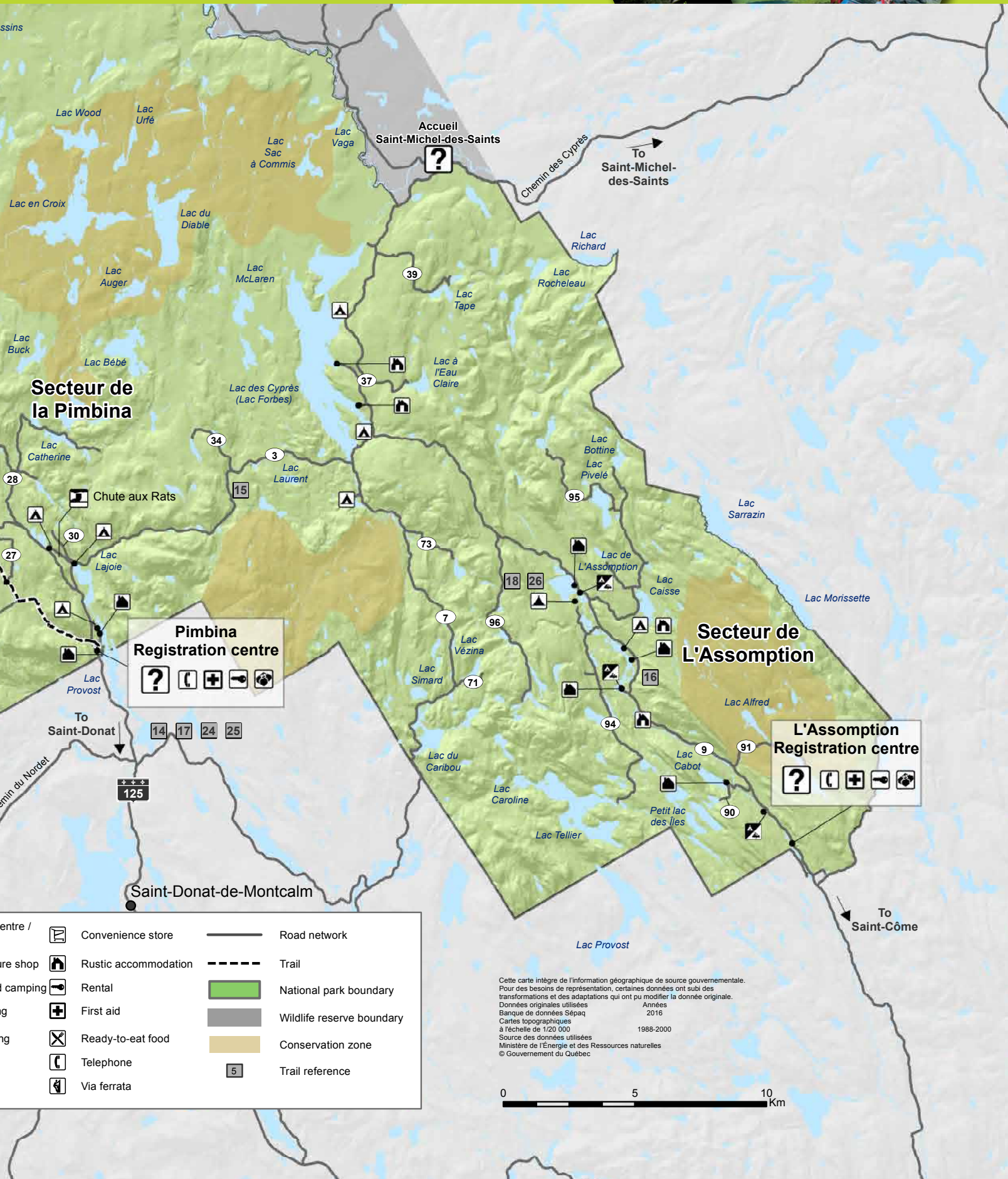
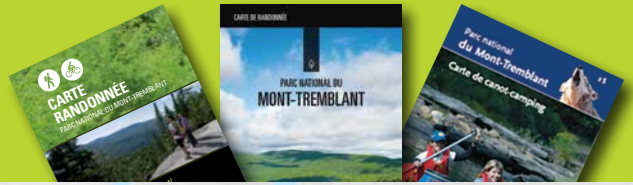
Phones are available in the 24-hr sections at the La Diable registration center, the Lac Monroe visitors' centre, the Discovery Centre, and at the La Pimbina and L'Assomption Registration Centre.

Defibrillator available at the Discovery Centre and at the La Pimbina Registration Centre.



- Registration center
- Boutique Nature
- Semi-serviced campsite
- Rustic campsite
- Canoe-campsite
- Cabin
- Waterfall

GENERAL PARK MAP, CANOE-CAMPING MAP  
AND HIKING MAP AVAILABLE AT  
THE REGISTRATION CENTRES.



**Secteur de la Pimbina**

**Secteur de L'Assomption**

**Pimbina  
Registration centre**

Icons: Question mark, Telephone, First aid, Rental, Rustic accommodation

**L'Assomption  
Registration centre**

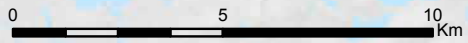
Icons: Question mark, Telephone, First aid, Rental, Rustic accommodation

Centre /		Convenience store		Road network
Store /		Rustic accommodation		Trail
Camping		Rental		National park boundary
ing		First aid		Wildlife reserve boundary
ng		Ready-to-eat food		Conservation zone
		Telephone		Trail reference
		Via ferrata		

Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale.

Données originales utilisées : Années 2016  
Banque de données Sépaq  
Cartes topographiques à l'échelle de 1:20 000 : 1988-2000

Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles  
© Gouvernement du Québec



# HIKING TRAILS

Map Reference	Discovery	TRAILS	Length and Duration	Return Trip	Loop	Difficulty	Gradient (metres)	DEPARTURE POINT
1		<b>La Chute-du-Diable</b> - An unforgettable sight: a 15-metre waterfall.	1.4 km 30 min	X		E	15	Chute du Diable parking lot, 7 km north of the Discovery Centre
2		<b>Les Chutes-Croches</b> - With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	720 m 20 min	X		E	25	Chutes-Croches parking lot, 5 km north of the Discovery Centre
3	 	<b>La Roche</b> - A panoramic view of the glacial valley of Lac Monroe and the Mont Tremblant highlands.	5.4 km 2 hrs	X		I	250	Discovery Centre
4		<b>La Coulée</b> - The observation decks of La Corniche and La Roche are linked by the La Coulée trail.	8.2 km 2 h 45 min		X	I	255	Discovery Centre
5	 	<b>La Corniche</b> - Like the one at La Roche, this observation deck also offers a superb view of the Lac Monroe valley and the Mont Tremblant highlands.	3.4 km 1 h 30 min	X		I	150	La Corniche parking lot, 1.7 km north of the Discovery Centre
6		<b>Le Lac-Poisson</b> - Maples and yellow birches, rock faces, a solitary lake and a crystal-clear cascade.	7.4 km 2 h 30 min	X		I	180	Discovery Centre
7		<b>Le Bois-Franc</b> - A magnificent forest, a gently undulating landscape and a lakeside rest stop.	12.2 km 4 hrs		X	I	90	Lac Monroe Visitors Centre
8		<b>Le Malard</b> - After a sustained effort uphill, have a snack at the La Ouache shelter.	17.6 km 4 h 30 min		X	D	280	La Ouache parking lot
9		<b>L'Ours</b> - A beautiful climb up to Lac à l'Ours and then a return via La Renardière.	17.1 km 4 h 30 min		X	D	220	Discovery Centre
10		<b>Le Toit-des-Laurentides</b> - From the cascades of Ruisseau des Pruches to Johannsen Peak, discover the hidden face of Mont Tremblant. For the less adventurous, we suggest the 3-km round-trip to the Ruisseau des Pruches waterfall. <b>This trail was restored in 2014.</b>	14.6 km 6 to 7 hrs	X		D	595	La Sablonnière parking lot, 7 km south of the Discovery Centre
11		<b>Le Centenaire</b> - A real gem, created for the park's 100th anniversary, this trail offers a string of spectacular views of the meanders of Rivière du Diable and of the La Boulé forests. The way back is 3.6 km on Route 1. <b>La boucle du Centenaire</b> - A shorter path to discover the major spectacular views.	14.3 km 4 to 5 hrs 9.6 km 3 to 4 hrs		X	D	430	La Sablonnière parking lot, 7 km south of the Discovery Centre
12	 	<b>Le Lac-des-Femmes</b> - Why do woodpeckers tap tree bark with their beaks? Where does the name Lac-des-Femmes come from? This trail and the Park Path app will answer these questions and many more.	3.1 km duration depends on stops		X	E	50	Near the Lac Monroe Visitors Centre
13	 	<b>Le Lac-aux-Atocas</b> - The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path and the brochure will tell you the history of some of these waterways.	1.5 km duration depends on stops		X	E	10	Lac Chat parking lot, 3 km south of the Discovery Centre on Route 1
19	  	<b>La Boucle des Chutes-Croches</b> - On foot or by bike, take this path around Lac Monroe and enjoy the Chutes-Croches observation deck.	13.4 km H - 4 hrs B - 1 hr		X	E	25	Discovery Centre
20		<b>La Renardière</b> - Short bike ride to the La Renardière shelter.	6.2 km 30 min		X	E	20	Discovery Centre
21		<b>Le Lac-Brochet</b> - Path leading to the La Cache shelter and Petit Lac-Caché, by way of Lac Brochet.	33.2 km 2 h 45 min	X		I	165	La Ouache parking lot
22		<b>Le Boulé</b> - Discover the beauty of the Rivière Boulé valley and the hidden face of Mont de la Vache Noire.	26.8 km 2 h 30 min	X		I	65	Discovery Centre
23		<b>Le Ruisseau-aux-Mûres</b> - Add something special to your bike ride by continuing on foot to Chute-aux-Mûres, a little-known park attraction. Departure from the campground also possible.	12.6 km	X		I	55	La Cachée Registration Centre
14	 	<b>La Chute-aux-Rats</b> - On foot or by bike, discover this all-new trail leading to one of the La Pimbina Sector's main attractions: a 17.4-metre waterfall.	9.4 km 3 hrs	X		E	25	La Pimbina Registration Centre
15		<b>Le Carcan</b> - This trail leads to the park's second-highest summit (883 m), on a route that passes several waterfalls.	14 km 5 to 6 hrs	X		D	435	Carcan parking lot, 13 km from the La Pimbina Registration Centre (Route 3 toward Lac des Cyprés)
17	 	<b>L'Envol</b> - Get to know the maple and yellow birch forest, which is characteristic of Parc national du Mont-Tremblant, and gaze down at the La Pimbina valley from the observation deck. A walk, a climb and a flight of fancy!	4 km 1 h 45 min	X		I	200	L'Envol parking lot, 400 m north of the La Pimbina Registration Centre
24		<b>Le Lac-Cassagne</b> - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	16 km		X	I	195	La Pimbina Registration Centre
25		<b>La Descente</b> - Stop off at the Geai-Bleu shelter to test your brakes before you begin your descent.	8.5 km 45 min		X	I	135	La Pimbina Registration Centre
16		<b>Les Grandes-Vallées</b> - A pleasant climb through a mature maple stand is rewarded with a view of the Lac de l'Assomption valleys.	4.6 km 2 hrs	X		I	215	Grandes-Vallées parking lot
18	 	<b>Le Lac-de-L'Assomption</b> - A delta teeming with life, the changing face of a stream, and a shelter on stilts from which you can observe great blue herons, loons and other timid bay inhabitants.	3 km 2 hrs		X	E	10	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre
26	 	<b>La Boucle du Lac-de-L'Assomption</b> - Discover the beauty of Lac de l'Assomption and stop for a peaceful picnic at Baie Ronde.	7 km H - 2 hrs B - 45 min		X	I	10	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre

La Diable Sector

La Pimbina Sector

L'Assomption Sector

Mobile application

Brochure

B - Bike

H - Hike

E - Easy

I - Intermediate

D - Difficult



## CONSERVATION IN ACTION

For several years, the Parcs Québec Fund has been promoting the conservation of park species through individual donations and wolf adoptions. Last fall, a project was begun by the Québec Ministry of Forests, Wildlife and Parks and the University du Québec à Rimouski to find evidence of eastern wolves in the park. According to the Committee on the Status of Endangered Wildlife in Canada, this is a threatened species and is at risk of disappearing! Using data from signal collars, researchers will map out the territory of the various canids (coyotes, eastern wolves, grey wolves, cross-breeds) and analyze their space-sharing patterns to help develop conservation measures for the eastern wolf. We will find out which resources and habitats are most important to the different carnivores and how the animals relate to park infrastructure. The project will also pinpoint dens and meeting places—two specific habitats that need to be protected from disturbance.

How is the health of the park's ecosystems? We're looking at several environmental indicators to find out. After 13 years of study, it's becoming stable. We have identified some wildlife variations and can propose corrective measures when needed. In 2016, 16 indicators will be measured. We will focus specifically on the state of shorelines and non-native plant spread as well as nesting birds and special-status indicator species.

FOR MORE INFORMATION ABOUT NATIONAL PARKS CONSERVATION, VISIT:

[PARCSQUEBEC.COM/BLOGUE](http://PARCSQUEBEC.COM/BLOGUE)

TO PARTICIPATE IN NATIONAL PARK CONSERVATION, SEE YOU ON :

[FONDSPARCSQUEBEC.COM](http://FONDSPARCSQUEBEC.COM)

# FAMILY FUN IS HERE!

Perfect for sharing special moments in nature, the Sépaq network has many must-see destinations you can explore as a family. **Look out for this logo which identifies the ideal family experiences.**



Here are a few extras we have in place for you:

- Free access to national parks and discovery activities for youngsters 17 years old and under.
- Free equipment loan: high chairs, playpens, booster seats, strollers, baby carriers and bikes.
- Accommodation options for all budgets.

There's no lack of family-friendly activities. Here are some examples available at Parc national du Mont-Tremblant:

- Two beaches with supervised swimming areas and swings.
- Three multi-purpose trails for family outings on foot or by bike.
- Seventeen discovery activities specially designed for the whole family. Includes 4 free water activities for children accompanied by an adult
- Via ferrata du Diable for thrill-seeking kids and teens (starting from age 8).
- Méandres de la Diable: a canoe trip the kids are sure to remember!

[sepaq.com/family](http://sepaq.com/family)

Photo : Steve Deschênes



RÉSEAU Sépaq 

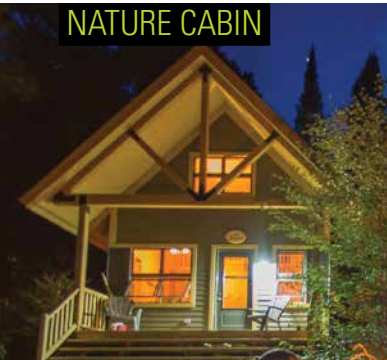
## PARK PATH EXPLORER

Welcome to the Park Path experience. This new approach to discovering, exploring and getting to know your national parks is now available at Parc national du Mont-Tremblant, from the Discovery Centre. You can consult the interactive "Park Path Explorer" terminal before or after your visit, at the park or at home. The mobile application gives a guided discovery tour of routes through the park using an iPod (available for loan, free of charge). This tool is sure to appeal to people of all ages who are eager to learn.



# ACCOMMODATIONS

## NATURE CABIN



## COMPACT CABIN



## EXP. CABIN



## HUTTOPIA TENT



### CAMPING

Camping in the park guarantees peaceful nights.

- For tents and recreational vehicles
- Campsites with or without services, as well as rustic camping
- Sites for the exclusive use of touring cyclists

Starting at  
**\$24** /night

### HUT

Accommodations without toilet or running water

- Community-type rentals

Starting at  
**\$27<sup>75</sup>** /night

### READY-TO-CAMP

All the joys of camping without having to lug all that equipment!

- Simple, comfortable and authentic, the Huttopia tent blends into the environment

Starting at  
**\$101** /night

### YURT

Charming and rustic accommodations with a rounded top.

- For 4 people
- Comfortable and warm
- Furnished and equipped

Starting at  
**\$110** /night

### COMPACT CABIN

Comfortable, practical and fully equipped cabin.

- For 4 people

Starting at  
**\$116** /night

### EXP. CABIN

New generation of accommodations! Comfortable and functional, the EXP. cabins offer you intimate contact with nature.

- For 2 people
- One room, fully equipped

Starting at  
**\$122** /night

### CABINS

We have a wide range of chalets to meet all your needs.

- For 2 to 10 people, different options

Starting at  
**\$124** /night

### NATURE CABIN

These warm and welcoming accommodations are compact but fully equipped.

- For 4 people
- Set up at the heart of the activities

Starting at  
**\$145** /night

**50% OFF**

## MORNING ON THE WATER



You are staying in the park?  
Enjoy 50% off morning rentals of watercraft.  
Come to the rental centre with your accommodations receipt and one piece of I.D.

# PLAY IT SAFE



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

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 on our website at [sepaq.com/security](http://sepaq.com/security).

## CHECKLIST 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 clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home.

### ONCE YOU ARE ON SITE

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

### WHEN YOU GET BACK

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



## REMINDERS

-  During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.
-  To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.
-  Animals find all they need to eat in nature. Feeding wildlife can be very damaging. Keep food and garbage out of reach of animals.
-  We ask you to carry out all your garbage.
-  Domestic animals are not accepted in Québec's national parks. However, guide dogs and service dogs are admitted.

### PILOT PROJECT AUTHORIZING DOGS

As of May 20, 2016, a pilot project will be in place, authorizing the presence of dogs in FRONTENAC, JACQUES-CARTIER and OKA national parks. Please read the applicable rules and authorized places at [sepaq.com/animals](http://sepaq.com/animals).

## IN CASE OF EMERGENCY: 911

### SÛRETÉ DU QUÉBEC:

310-4141 (general number) / \*4141 (for cellphones)

\*Where cellphone networks are available.

### Parc national du Mont-Tremblant

4456, ch. du Lac-Supérieur  
Lac-Supérieur (Québec) J0T 1P0  
Information: 819 688-2281  
Reservations: 1 800 665-6527  
Email: [parc.mont-tremblant@sepaq.com](mailto:parc.mont-tremblant@sepaq.com)  
[parcsquebec.com/tremblant](http://parcsquebec.com/tremblant)

Legal Deposit: 2016

Bibliothèque et Archives nationales du Québec

Photos: Mathieu Dupuis, Steve Deschênes, Audrey Vivier, Francis Gignac, Louise Cadieux, Valérie Patenaude, Daniel Savard, Steve Gignac, Jacques Tremblay, Brendan Lally



# WHAT TO DO OUTSIDE THE PARK

<b>Labelle tourist office</b>	819-686-2606	municipalite.labelle.qc.ca
<b>Lanaudière tourist office</b>	1-800-363-2788	lanaudiere.ca
<b>Laurentians tourist office</b>	1-800 561-6673	laurentides.com
<b>Mont-Tremblant tourist office</b>	1-877-425-2434	mont-tremblant.ca
<b>Saint-Côme tourist office</b>	450-883-2730	stcomelanaudiere.ca
<b>Saint-Donat tourist office</b>	819-424-2833	tourismst-donat.com
<b>Saint-Michel-des-Saints tourist office</b>	450-833-1334	haute-matawinie.com



Looking for a souvenir to take home?  
**MAKE YOUR WAY TO OUR BOUTIQUE NATURE SHOPS!**

- Wide selection of clothing and items such as tubular scarves, water bottles, etc.
- Souvenirs for kids and grown-ups
- All profits reinvested in national parks



**JOUEZ !**  
**PLAY!**



Visit The Activity Centre for all your Tremblant activities. Zipline courses, rafting, horseback riding, rock climbing, paintball, dune buggy, spas, boat rental, helicopter and airplane flights and much more!



**LE CENTRE D'ACTIVITÉS**  
**THE ACTIVITY CENTRE**



Book online | [tremblantactivities.com](http://tremblantactivities.com) | 819 681-5519 | Tremblant Resort

**45  
OTHER  
MODELS  
IN  
STORE**



BELOEIL - BROSSARD - BURLINGTON - CAMBRIDGE - ETOBICOKE - LAVAL - OSHAWA  
OTTAWA - QUEBEC - VAUGHAN

**SAIL**  
THE OUTDOORS SUPERSTORE