

Traduction - Version originale en français

Parc national de Frontenac

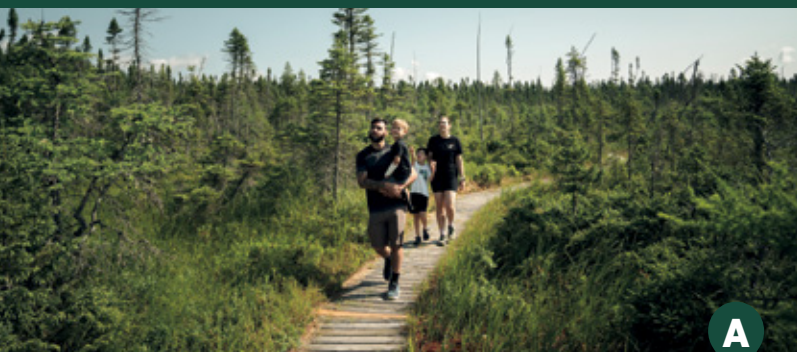
Protected area. Enriching nature experiences.

**Bordering Grand Lac Saint-François,
the Parc National de Frontenac offers
a wide range of outdoor activities
accessible to the whole family.**

**A majestic lake, rich wetlands and
rolling hills inviting you to discover
the generous nature which is forever
renewed with each passing season.**

 **Sépaq**
human nature

Our team's favourites



A

Journey through a unique ecosystem

The peatland in the Saint-Daniel sector is home to several species of carnivorous plants and orchids. A wooded pathway allows observation of the flora typical to peatlands. Discovery panels line the trail.



B

Experience canoe-camping

The Lac des Îles and Lac à La Barbie locations are excellent destinations for gentle paddling and learning about canoe-camping. Those of Baie Sauvage are ideal for more experienced canoeists. Experience the intimacy of nature and savor a new adventure!



C

Take a break on the sandy shores

Perfect for family fun, relaxing, snacking and playing in the sand, the numerous bays allow you to relax and enjoy the present moment with your feet in the water. **Supervised swimming is not offered. Swimming without supervision is at your own risk.**



D

Set out across the bays

You have the soul of an explorer? In a canoe, kayak, or on a paddleboard, soak in the magnificent scenery. Take the time to navigate around the small bays to observe the fauna and flora. Rentals available.



E

Explore the park without the car

Everything is easily accessible without a car. Get on your bike on one of our multifunctional trails specially adapted for the whole family: South → Les Passereaux : 13 km round trip. Saint-Daniel → Le Littoral : 16 km round trip.



F

Discover the winter's magic

On snowshoes, snow hiking, or Nordic skiing, let yourself be amazed by the breathtaking views of Grand Lac Saint-François, Lac à la Barbie, and Baie Sauvage. In the South sector, a groomed trail offers both a classic and sporty experience.



Printed on Sustana Enviro. This paper which contains 100% sustainable recycled fiber is processed chlorine free. It is designated Ancient Forest Friendly™ and FSC® certified.

Reg. 206496, 202786, 08013
Photos: Thomas Patry, Mathieu Dupuis, Marc Loiseau, Claude Grenier, Patricia B. Gilligan, William Lévesque and Thomas Poulin

Discovery time

Light on the stars

The starry sky is one of nature's greatest spectacles. Join us in celebrating the starry sky, admiring the beauty of the night, and participating in a star-filled astronomy activity, rain or shine! Refer to the panels « Par ici les découvertes! » in the various campsites and in the visitors center.



A bit of fishing

You are at the Baie Sauvage campground. The ideal place to introduce children to the fishing world, as the catch of common sunfish and small yellow perch is quite usual. But be careful not to let your guard down, because bass and pike may occasionally be interested in your bait! Several wade fishing sites are available to let you experience this activity safely.

**Fees are applicable to the boat rental.
Fishing license required.**

Accommodation fishing

Fishing on the lakes Îles, Barbue and Ours is permitted every day but only for accommodation renters who are licenced to fish (fees per day and per person not included). Please note that specific conservation rules apply.

Fishermen ... do you have something to declare?

The quality of the fishing offered exclusively to the guests vacationing at Lac des Îles, Lac des Ours and at Lac à la Barbue depends to a large extent on the accuracy of the information provided by the fishermen. Everyone has the responsibility to complete their fish catch declaration, even if no fish have been caught. The study of these data makes it possible to adjust the fishing pressure according to established quotas, which increases the probability of being able to keep the fishery open throughout the summer.

Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge.

The offer varies from one establishment to another.



DISCOVERY ACTIVITIES

**Consult the program to
enrich your visit.** (in French only)

You will find entertaining activities to explore the park from every angle.



IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

Outdoor activities can involve certain risks.

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

For more information, visit our website at sepaq.com/security

Bulletin de conservation

Dans notre nature



Discover our latest achievements and initiatives in conservation and education in our *Bulletin* (available in French only).

Saint-Daniel Sector

175, Route du parc
Saint-Daniel, G0N 1S0

Dogs allowed in designated areas
and under certain conditions of
May 1st to October 31st.
Details at sepaq.com/animaux



320

Route du
Lac-Saint-François

4e Rang



Chemin des Cerfs

Rang 2

Rang 2

Visitors Centre

(Changing room)

Oasis

Meeting room rental

Camping aménagé de Baie aux Rats-Musqués

La Capitainerie

La Roche

1.0
0.5
0.5
1.2

Les Réticules

La Tourbière arborée

Accès # 1

Accès # 2

Accès # 3

Accès # 4

Accès # 5

Pointe-aux-Pins

Accès # 6

Camping aménagé de Baie-des-Sables

Trail departure located between campsites #124 and #126 at Rivière-aux-Bluets camping.

Camping aménagé de Rivière-aux-Bluets

Rang Saint-Michel

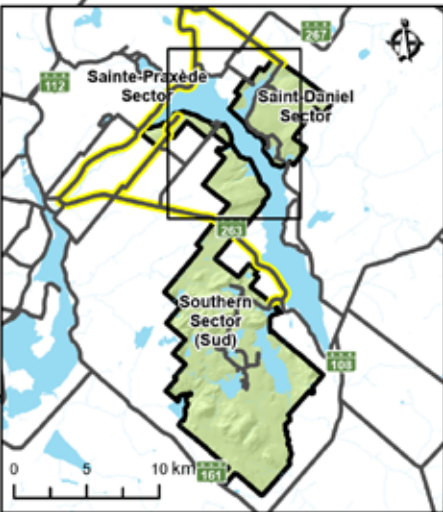
Sainte-Praxède Sector

9001 Rang A
Sainte-Praxède, G0N 1E1

NO DOGS ALLOWED
in this sector



Download via
Avenza Maps



Registration centre / Information	Lookout
Reduced mobility access	Parking lot
Beach activities	Toilet
Boat launch ramp	Pit toilet
Landing	Wifi
Playground	Bienvenue cycliste
Charging station	Bike path
Shop / Convenience store	Trail
Rustic camping	Road network
Automated external defibrillator	National park boundary
RV area	Dog allowed on a leash
Equipment rental	No dog allowed
Canoe launch	Team's favourites (For information purposes only)
Wade fishing	
Picnic	

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 ne peuvent modifier la donnée originale.

Données originales utilisées
Banque de données Ségriq 2026
Cartes topographiques 2000
à l'échelle de 1:20 000

Source des données utilisées
Ministère des Ressources naturelles et des Forêts
© Gouvernement du Québec



Hiking trails Saint-Daniel sector to explore



		LENGTH AND DURATION*		LEVEL AND ELEVATION	DEPARTURE LOCATION
	Le Littoral – You will appreciate its winding course and picnic areas along the shores of Grand Lac Saint-François. This trail allows you to leave your vehicle in the campground parking since it connects with all the campground's loops and with the beach.	Hiking & biking: 16 km round trip	5 hr 2 hr	 10 m	St-Daniel's Service Center or campsites
	La Tourbière – There are carnivorous plants and orchids. Wooden walkways, discovery panels offering a unique view on this northern islet.	3.2 km loop	30 min.	 10 m	La Tourbière parking lot
	Le Sous-bois – This trail weaving across the Rivière-aux-Bluets delta is the ideal spot for an outdoor family picnic.	3.2 km round trip	1 hr	 5 m	Rivière-aux-Bluets campground between sites #124 and #126
	Nautical course of Baie aux Rats Musqués – Embark on an adventure as you explore many marshes scattered around the bay. You'll discover beds of aquatic plants in full bloom and an extraordinary diversity of birdlife. You may even spot a great blue heron fishing for lunch, a family of Canada geese bobbing among the bulrushes, or better yet... a bald eagle gliding silently overhead! Rentals via the St-Daniel service center.	Non-eligible	2 hr		St-Daniel's Service Center

*The durations and difficulty levels mentioned are indicative and refer to the summer season.

SUPERVISED ACCESS FOR DOGS



Dogs are allowed only in the Saint-Daniel sector, only at designated areas from May 1st to October 31st.

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 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

Summer trail	Le Sous-bois, Le Littoral, Rang II trails (fishing)
Camping	Rivière-aux-Bluets (except for ready-to-camp), Baie-des-Sables
Picnic area	Saint-Daniel beach picnic area Access point 4
Nautical access point	La Capitainerie boat launch Rang II boat launch ramp

Nautical activities and rentals

Under the eye of the great silver heron, Aux Rats-Musqués bay in the Saint-Daniel sector offers a host of aquatic activities in an exceptional setting!

Possibility of renting canoes, kayaks, pedal boats and paddle boards from the Saint-Daniel Service Center.

Equipment for persons with reduced mobility

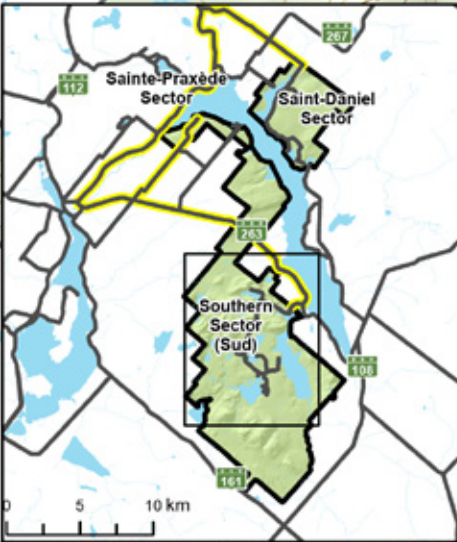
In order to make its Aux Rats-Musqués bay accessible to persons with reduced mobility, some suitable equipment can be rented free of charge at the rental centre upon presentation of the CAL card and upon availability:

- Trackz wheelchair
- WaterWheel
- Trident watercraft

Southern Sector

1179, chemin des Roy
Sainte-Praxède
GOM 1H1

NO DOGS ALLOWED
in this sector



- | | |
|-----------------------------------|---|
| Registration centre / Information | Lookout |
| Reduced mobility access | Boat launch ramp |
| Landing | Parking lot |
| Beach activities | Toilet |
| Playground | Pit toilet |
| Bienvenue cyclistes | Wifi |
| Charging station | Summit |
| Shop / Convenience store | Bike path |
| Cabin | Trail |
| Automated external defibrillator | Suggested path direction |
| RV area | Road network |
| Rustic accommodation | Road between sectors |
| Equipment rental | National park boundary |
| Canoe launch | Team's favourites (For information purposes only) |
| Wade fishing | |
| Picnic | |

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Données originales utilisées :
Années : 2026
Banque de données Ségpa
Cartes topographiques : 2000
à l'échelle de 1:20 000
Source des données utilisées : Ministère des Ressources naturelles et des Forêts
© Gouvernement du Québec



Discovery and Visitors Centre

Icons: ? (Information), AED, wheelchair, picnic, boat launch, parking, wifi, toilet, lookouts, and other facilities.

L'Escale Visitors Centre

Icons: ? (Information), wheelchair, picnic, boat launch, parking, wifi, toilet, lookouts, and other facilities.


Camping aménagé Baie Sauvage

Icons: wheelchair, picnic, boat launch, parking, toilet, lookouts, and other facilities.

Trails departure:
L'Érablière : near the rear terrace of the Discovery and Visitors Center
Les Passereaux : located at the far right end of the South Services Center parking lot or directly at the Baie Sauvage campsite between sites #70 and #89
La Colline : you must take the Les Passereaux trail to access it.

















Hiking trails Southern sector to explore

 Hiking
  Biking
  Family experiences
  Picnic table
  Boating excursion
  Easy
  Intermediate



View of the Winslow Massif

		LENGTH AND DURATION*		LEVEL AND ELEVATION	DEPARTURE LOCATION
	L'Érablière – A hill, a maple grove and an old beaver lake. A family pleasant walk in the woods. Not ideal for strollers due to tree roots.	3.2 km loop	1 hr 30 min.	 60 m	Near the back terrace of the South Discovery and Service Center
	Les Passereaux – A path travelling across the hills and forests and connecting the Baie Sauvage campground with the Southern sector entrance. It includes several rest stops to let you discover all kinds of forest and marsh birds.	Hiking & biking: 13 km/round trip	5 hr  1 hr 30 min. 	 35 m	At the right end of the South Discovery and Service Center parking lot or near the Baie Sauvage campground playground
	La Colline – Ideal for those looking for a little sporting challenge. In the heart of a leafy forest, La Colline makes the link between Les Passereaux and Les Grands Pins trail.	7.4 km loop	2 hr 45 min.	 75 m	At the right end of the South Discovery and Service Center parking lot. You must take Les Passereaux trail to access it
	Les Grands-Pins – Walk through a forest of moss dominated by big white pines and rocks that seem to have fallen from the sky. Lichens, mushrooms and view points on the Baie Sauvage. Charming waterfall at the end of the trail.	5.7 km loop	2 hr	 5 m	Baie Sauvage Campsite (Located between sites 70 and 89)
	Le Massif de Winslow – More sustained hiking in a foam forest undergrowth and a deciduous forest. In autumn, discover a multitude of mushrooms. Take a break at Lac Thor. Point of view from the region at 430 m above sea level. Canoe-hike Osez le Massif package, for the greatest pleasure, route option: combine canoe rental at Lac des Îles, disembark at landing zone and hike to the summit. Rentals via the l'Escale Service Center and/or Southern Service Center.	10.2 km loop	3 hr 30 min.	 183 m	Parking lot in front of the entrance of the Legendre cabin.
	Nautical course of Baie Sauvage – Head out on an expedition to Rivière Felton Falls in a canoe or kayak and explore the little bays along the way or simply let the onshore winds decide where to carry you! Rentals via the l'Escale Service Center.	Non-eligible	3 hr to 5 hr		L'Escale launching

*The durations and difficulty levels mentioned are indicative and refer to the summer season.

Nautical activities and rentals

Take advantage of our 2 rental centers to refresh yourself and discover the park in a different way. Discover Baie Sauvage, Lac à la Barbue or Lac des Îles.

Rentals available:

South Discovery and Service Center: canoe and kayak

L'Escale Service Center located at the Baie Sauvage campsite: canoe, kayak, pedal boat and paddle board

Lac des Îles: canoe, kayak and paddle board

Lac à la Barbue: canoe and kayak

Conserve for tomorrow



Lac des Îles

Delicate aquatic herbarium, navigate in open water

The plants you see in the lakes are rooted in the bottom. This is how they feed. When you go through the seagrass many stems break. Keep your distance and circulate in open water.

Instructions for boats, nautical and fishing equipment

Afin de protéger les lacs du parc d'espèces exotiques envahissantes, il est obligatoire, de nettoyer, vider et sécher vos embarcations, équipements nautiques et équipements de pêche.



Cleaning up

Clean your boats and equipment after each use. To help preserve our lakes, pick up vinegar and a microfiber cloth at our service centers.



Emptying boats

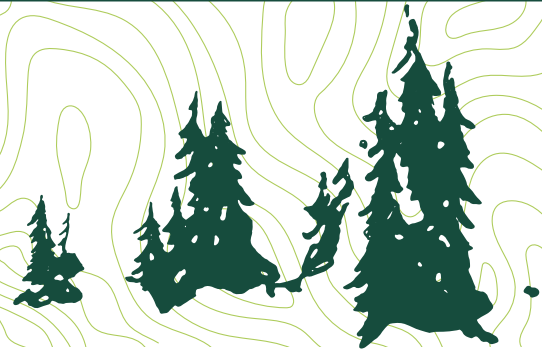
Empty all the water out of your boat onto dry land, including buckets and coolers.



Drying boats

Dry your boats and equipment thoroughly.

5 ground rules to follow in nature



Our national parks

get millions of visits each year. Harmful behaviors can cause permanent damage to the environment and hinder other visitors' experience. Let's do our part to protect nature so we can all enjoy it for years to come.



Stay on trails and in designated visitor areas

Don't step off the trails or walk in the undergrowth to avoid trampling plants and compacting the soil.



Do not gather dead wood

Help preserve the undergrowth by leaving dead wood in place. It serves as shelter for wildlife and enriches the soil after decomposing.



Do not feed wildlife

Allow animals to feed themselves so they can follow their natural instincts. Keep all foods out of their reach.



Keep your distance when observing animals

Repeated disturbances can alter their behavior and affect their ability to find food, mate, and communicate with each other.



Be mindful of the peace and quiet and adhere to curfews

Noise frightens wildlife, and people visit national parks to enjoy nature. Please follow curfews and refrain from making noise at all times.

Sud sector

(Baie Sauvage and Lac Egan campgrounds, canoe-camping and cabin)

Centre de découverte et de services Sud

1179, chemin des Roy, Sainte-Praxède GOM 1H1

Booking: 1 800 665-6527

Information: 418 486-2300 # 6060

fro.accueilsud@sepaq.com

Saint-Daniel sector

(Baie-aux-Rats-Musqués, Baie-des-Sables and Rivière-aux-Bluets campgrounds)

Centre de services Saint-Daniel

175, route du Parc, Saint-Daniel GON 1S0

Booking: 1 800 665-6527

Information: 418 486-2300 # 6069

fro.accueilstdaniel@sepaq.com

Sainte-Praxède sector

9001, Rang A

Sainte-Praxède GON 1E1