

SEPAQ

PARC NATIONAL DU MONT-TREMBLANT

Protected area. Enriching nature experiences.

With its 1,510 sq. km., Mont-Tremblant National Park is the largest protected area in southern Quebec. It contains the diverse fauna typical of the great massifs of deep forests, including wolves. This large predator is at the top of the food chain and needs a huge area to find its prey. Wolves are vital to the health of ecosystems and are the Park's emblematic animals.



Sépaq

OUR TEAM'S FAVORITES



Lac-de-L'Assomption trail, L'Assomption sector



Chute-du-Diable trail, La Diable sector

Explore over 200 km. of trails

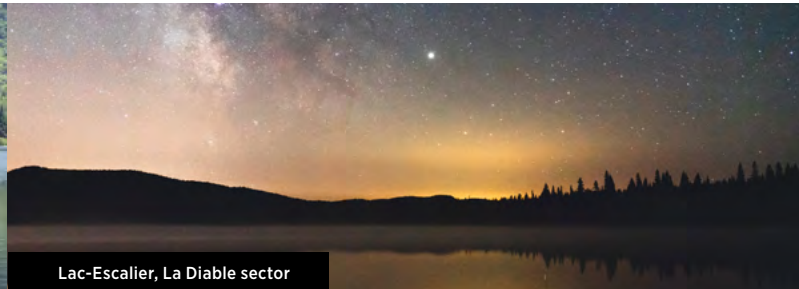
The Park's impressive network of trails will satisfy every member of the family. Four of these trails have lookouts leading to spectacular views. You will be seduced by La Roche and la Corniche (La Diable sector), l'Envol (Pimbina-Saint-Donat sector) and the Grandes-Vallées (L'Assomption sector). Some trails even take you to day shelters that are perfect for a break or a snack! **See the trail chart on page 3 for more details.**

Natural waterfalls to amaze you

Come and marvel at the Park's four major waterfalls, every one unique: Chute-du-Diable and Chutes-Croches (La Diable sector), located on accessible hiking trails and leading to observation lookouts; Chute-aux-Rats (Pimbina-Saint-Donat sector), over 17 metres high and featuring a picnic area and a rest area; and Chute-aux-Mûres (La Cachée sector), with its charming little wooden footbridge.



Lac Monroe, La Diable sector



Lac-Escalier, La Diable sector

Paddling along lakes and quiet rivers

With its 400 lakes and 6 major rivers, Mont-Tremblant National Park is a paradise for water sports activities. Find out more by renting a boat in one of our rental centres: Lacs Monroe, Escalier and Caché in the La Diable sector; Lacs Des Sables and Provost in the Pimbina-Saint-Donat sector; or Lac de L'Assomption in the L'Assomption sector.

Admire the Milky Way

At dusk, the sky over the Park is dark but really sparkly. Low light pollution makes this one of the parks in southern Quebec with the most beautiful night sky, where you can see even the Milky Way. Just find the Placés des étoiles and sit comfortably on one of the observation benches. **See locations on pages 4 and 5.**



Activities with a naturalist park warden



L'envol trail, Pimbina-Saint-Donat sector

A close encounter with nature with our Park Rangers

For a memorable stay, check out our lively discovery activities. Games, talks and guided hikes will allow you to explore unusual facets of the Park. Park Rangers are present throughout the territory to share their knowledge with you. Ask them all your questions about the natural setting protected by the Park! The program is available at the Registration Centres of the various sectors. **Check out the detailed program on pages 8 and 9.**

Exploring the Park in winter

With nearly 50 kilometres of trails for classic cross-country skiing, skating, snowshoeing, winter walking and more than 100 kilometres of Nordic ski trails ringed by spruce, fir and other trees, the Park is a winter paradise. Let yourself be transported by this setting where snow-covered mountains, icy cliffs and the ghostly cold beauties paint a fairy-tale portrait of winter in Quebec. Don't forget your thermos of hot chocolate!

Trails name

			Length & duration	Diff.	Elevation (meters)	Departure point	
1		LA CHUTE-DU-DIABLE - An unforgettable sight of Rivière du Diable's: a 15-metre waterfall.	1,6 km / 30 min round trip	E	15	Chute du Diable parking lot, 7 km north of the Discovery Centre	La Diable sector
2		LES CHÛTES-CROCHES - With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	720 m / 20 min round trip	E	25	Chutes-Croches parking lot, 5 km north of the Discovery Centre	
3		LA ROCHE - A panoramic view of the glacial valley of Lac Monroe and the Mont Tremblant highlands.	5,4 km / 2 hrs round trip	I	250	Discovery Centre	
4		LA COULÉE - The observation decks of La Corniche and La Roche are linked by the La Coulée trail. This trail is accessed via the La Roche or La Corniche trails. Return via the Boucle-des-Chutes-Croches	8,2 km / 2 h 45 loop	I	255	Discovery Centre, via the La Roche trail or at the La Corniche parking lot	
5		LA CORNICHE - 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 round trip	I	150	La Corniche parking lot, 1,7 km north of the Discovery Centre	
6		LE LAC-POISSON - Maples and yellow birches, rock faces, a solitary lake and a crystal-clear cascade.	7,4 km / 2 h 30 round trip	I	180	Discovery Centre, via the La Roche trail	
7		LE BOIS-FRANC - A magnificent forest, a gently undulating landscape, the La Hutte hut and a lakeside rest stop.	8,5 km / 3 hrs loop	I	90	500 m south of the Lac Monroe Services Centre, take the Le Boulé trail.	
8		LA OUACHE - After a challenging climb, have a snack at La Ouache cabin.	7 km / 2 hrs round trip	I	200	La Ouache parking lot, 5 km south of the Discovery Centre	
9		L'OURS - A beautiful climb up to Lac à l'Ours and then a return via La Renardière.	2,9 km / 1 h 30 round trip	I	220	Discovery Centre; via Boucle-des-Chutes-Croches trail	
10		LE TOIT-DES-LAURENTIDES - From the cascades of Ruisseau des Pruches to Johannsen Peak, the highest peak in the Laurentians, discover the hidden face of Mont Tremblant. For the less adventurous, we suggest the 3 km round-trip to the Ruisseau des Pruches waterfall.	14,6 km / 6 to 7 hrs round trip	D	595	La Sablonnière parking lot, 7 km south of the Discovery Centre	
11		LE CENTENAIRE - A true gem created for the park's 100th anniversary. This trail offers a string of panoramic views of the meandering Diable River and the Boulé forests.	11,6 km / 3 to 4 hrs loop	D	430	Stationnement de la Sablonnière; 7 km au sud du Centre de découverte	
12		LE LAC-DES-FEMMES - A short, family-friendly loop that's perfect for beginners. You'll walk through a magnificent forest and be able to take in the views of the Lac des Femmes.	3,1 km duration depends on stops loop	E	50	Near the Lac-Monroe Visitors Centre, toward the totems of Place du Centenaire	
13		LE LAC-AUX-ATOCAS - The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path will tell you the history of some of these waterways.	1,5 km duration depends on stops loop	E	10	Lac Chat parking lot, 3 km south of the Discovery Centre	
19		LA BOUCLE-DES-CHUTES-CROCHES - 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 h 30 loop	E	25	Discovery Centre or Lac Monroe Visitors Centre	
23		LA PISTE-DU-LOUP - This new trail now links the Lac-Monroe Service Centre to the Lac-Chat sector. Bordering a small section of the Petit-Lac-Monroe, it takes you to a resplendent view of a mature maple stand as well as to the small cascades of the Rivière du Diable.	6,8 km H - 1 h / B - 30 min round trip	E	25	Lac-Monroe Service Centre or the Lac-Chat parking lot	
20		LE RUISSEAU-AUX-MÛRES - 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.	7,6 km 1h30 round trip	I	55	La Cachée Registration Centre	
24		LE CERF - Overlooking Lac Caché, this path crosses a mountain of maple stands with threatened hemlocks. A huge stone left by the passing of the glaciers is a nice stop during a climb.	1 km / 15 min round trip	E	15	La Cachée Registration Centre	
14		LA CHUTE-AUX-RATS - On foot or by bike, discover this trail leading to one of the La Pimbina-Saint-Donat's main attractions: a 17,4-metre waterfall.	9,4 km H - 3 hrs / B - 1 h 15 round trip	E	25	Pimbina-Saint-Donat Registration Centre	Pimbina-Saint-Donat sector
15		LE CARCAN - This trail leads to one of the highest peaks in the park (883 m), on a route that passes several waterfalls.	14 km / 5 to 6 hrs round trip	D	435	Carcan parking lot, 13 km from the Pimbina-Saint-Donat Registration Centre (Route 3 toward Lac des Cyprès)	
17		L'ENVOL - 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 / 1h45 round trip	I	200	L'Envol parking lot, 400 m north of the Pimbina-Saint-Donat Registration Centre	
21		LE LAC-CASSAGNE - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	17,1 km 1h45 to 2hrs loop	I	195	Pimbina-Saint-Donat Registration Centre	
25		LE RENARD - This little trail along an ancient forest path joins the Lac-des-Sables hut. It also crosses through a spruce forest with a mossy floor. The forests are young and filled with chokecherry.	1,3 km / 15 min round trip	E	25	Lac-des-Sables Camping	
16		LES GRANDES-VALLÉES - A pleasant climb through a mature maple stand is rewarded with a view of the Lac de L'Assomption valley.	4,6 km / 2 hrs round trip	I	215	Grandes-Vallées parking lot, located 9.4 km north of the L'Assomption Registration Centre	L'Assomption sector
18		LE LAC-DE-L'ASSOMPTION - A delta teeming with life, the changing face of a stream, and a shelter on stilts where you can observe great blue herons, loons and other timid bay inhabitants.	3 km / 2 hrs loop	E	10	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre	
22		LA BOUCLE-DU-LAC-DE-L'ASSOMPTION - 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 loop	I	10	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre	

F Easy

I Intermediate

D Difficult



Family experience



Dogs allowed



Discovery Trails



H-Hiking



B-Bike



MB-Mountain biking



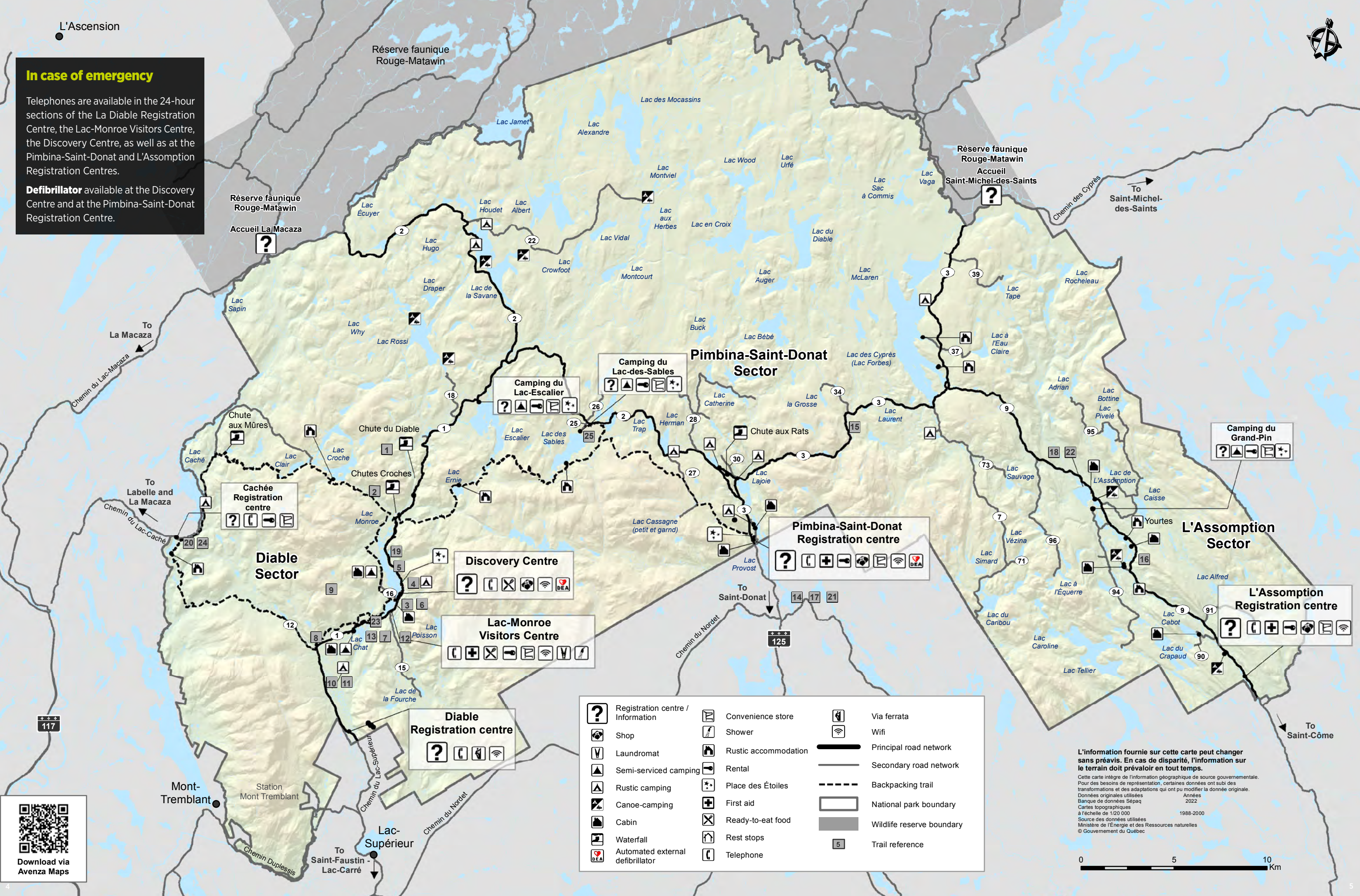
In case of emergency

Telephones are available in the 24-hour sections of the La Diable Registration Centre, the Lac-Monroe Visitors Centre, the Discovery Centre, as well as at the Pimbina-Saint-Donat and L'Assomption Registration Centres.

Defibrillator available at the Discovery Centre and at the Pimbina-Saint-Donat Registration Centre.



Download via Avenza Maps



Réserve faunique Rouge-Matawin
 Accueil La Macaza

Réserve faunique Rouge-Matawin
 Accueil Saint-Michel-des-Saints

Pimbina-Saint-Donat Sector

L'Assomption Sector

Diable Sector

Mont-Tremblant

Lac-Supérieur

Diable Registration centre

Discovery Centre

Lac-Monroe Visitors Centre

Pimbina-Saint-Donat Registration centre

L'Assomption Registration centre

Camping du Lac-Escalier

Camping du Lac-des-Sables

Camping du Grand-Pin

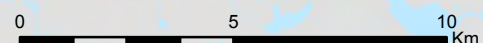
	Registration centre / Information		Convenience store		Via ferrata
	Shop		Shower		Wifi
	Laundromat		Rustic accommodation		Principal road network
	Semi-serviced camping		Rental		Secondary road network
	Rustic camping		Place des Étoiles		Backpacking trail
	Canoe-camping		First aid		National park boundary
	Cabin		Ready-to-eat food		Wildlife reserve boundary
	Waterfall		Rest stops		Trail reference
	Automated external defibrillator		Telephone		

L'information fournie sur cette carte peut changer sans préavis. En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.

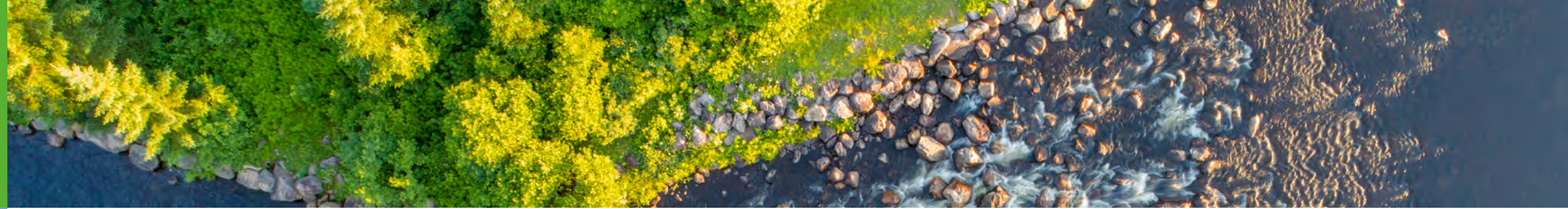
Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale.

Données originales utilisées :
 Banque de données Sépaq
 Cartes topographiques à l'échelle de 1/20 000
 Source des données utilisées :
 Ministère de l'Énergie et des Ressources naturelles
 © Gouvernement du Québec

Années : 2022
 1988-2000



DISCOVERY TIME



Discover the Park vertically; the via ferrata du Diable

Thrill to the Park's impressive heights along a pathway skirting the rocky wall of the Montagne de la Vache Noire, with its succession of breathtaking landscapes, rope bridges, footbridges and cascades. A professional guide will accompany you as you climb more than 200 metres and discover a world of beauty. Not for the faint of heart!

Circuits and rates

Excursion : 3.5 hrs

Intermédiaire : 5 hrs

Grande Virée : 5.5 hrs

Meet up: Head to the La Diable registration centre (La Diable sector). Reservation required

Important

- Min. height: 1.4 metres (4' 6")
- Min. ages: 11 for the Excursion and 14 for other circuits
- Max. weight: 110 kg (242 lbs)
- Max. 8 people per departure

Exploring on two wheels

Hop on your bike and head for one of our four multifunctional trails specially adapted for the whole family. The Boucle-des-Chutes-Croches and the piste-du-Loup in the La Diable sector, the Chute-aux-Rats in the Pimbina-Saint-Donat sector and the Boucle-du-Lac-de-L'Assomption in the L'Assomption sector are sure to impress you during your two-wheeled getaway.

Family Experience

Free!
Access and equipment loans for youngsters 17 and under



Bicycles are available for rent at one of our rental centres. Quantities are limited.



Fishing is our heritage

Come for the day and fish for pike, trout or perch with your family. The Park prides itself on having only native species. Is this your first time? Some water areas are available without reservations such as Lac Monroe in the La Diable sector, Lake Provost in the Pimbina-Saint-Donat sector and the Assomption River in the L'Assomption sector. A park fishing permit is required. Ask for information at the Registration Centres.



Les Méandres de la Diable on your own

This is an intoxicating, winding half-day canoe or kayak trip. Singles, couples and families get a front row seat to observe wildlife in its natural habitat. Stroll and relax for a while on the beautiful sandy shores of the Diable River.

Take a break on the sandy shores

Abundant, unique and great for picnics, the many sandy shores of the Park's lakes and rivers are also suitable for water activities.

Several rental centres, scattered throughout the territory, have everything you need for adventure or pure relaxation.

Equipment rentals: Canoe | Single kayak | Double kayak | Stand-up paddleboard | Pedal boat 2 and 4 places | Rowboat

Visit sepaq.com for rates.



Lac-Lajoie, Pimbina-Saint-Donat sector

Park Ranger Apprentices - NEW!

A unique opportunity for young people aged 7 to 12 to learn what Park Rangers do and be part of a camping patrol! One accompanying adult per family. Reservations required.

Discovery activities

Check out the detailed program on pages 8 and 9. (in french only)

It will describe entertaining ways to explore the park from every angle under the sun. What a great way to enrich your visit and to make all sorts of surprising discoveries!

Bear stories - NEW!

Is the black bear a dangerous animal for humans? Listen to these bear stories around a fire to learn more about this fascinating mammal, as well as the proper way to deal with wildlife while in the wild! This is a new activity offered only in the Pimbina-Saint-Donat area.

Discovering Lac de L'Assomption

This canoe trip on one of the Park's most beautiful lakes is sure to be an unforgettable experience! The boating excursion is guided by a Park Ranger in the L'Assomption sector. Reservations required.

Sea kayaking with the loons

Enjoy a unique sea kayaking experience on Lac Monroe and let the song of the common loon enchant you. The boating excursion is guided by a Park Ranger in the La Diable sector. Reservations required.



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

CONSERVATION FOR TOMORROW



Discover what's happening behind the scenes

Stars in your eyes, birds songs in your ears...Dive into the fascinating world of initiatives to protect our natural treasures. (in French only)

sepaq.com/lenversdudecor

Browse the L'envers du décor newsletter

For captivating articles highlighting the mission of our national parks (in French only).



100%

PCF



Photos : Mathieu Dupuis, Michaël Rondeau, Steeve Deschênes, Stéphane Audet, François Couillard et Shutterstock.



Parc national du Mont-Tremblant

sepaq.com/mont-tremblant

Preserving our starry sky

On a cloudless night, you will be able to see the Milky Way. Having an interest in conservation also means being concerned about light pollution. For the past three years, Parc national du Mont-Tremblant has been working with municipal partners to preserve the integrity of the park's nocturnal environment and to ensure that visitors can enjoy beautiful, starry nights. Nearly 80% of the park's outdoor lighting now complies with the highest light pollution standards. Last year, we opened observation sites at various locations in the park: La Place des étoiles. With these small improvements, we hope to earn official status as Quebec's first International Dark Sky Park. Observation sites are shown on pages 4 and 5.

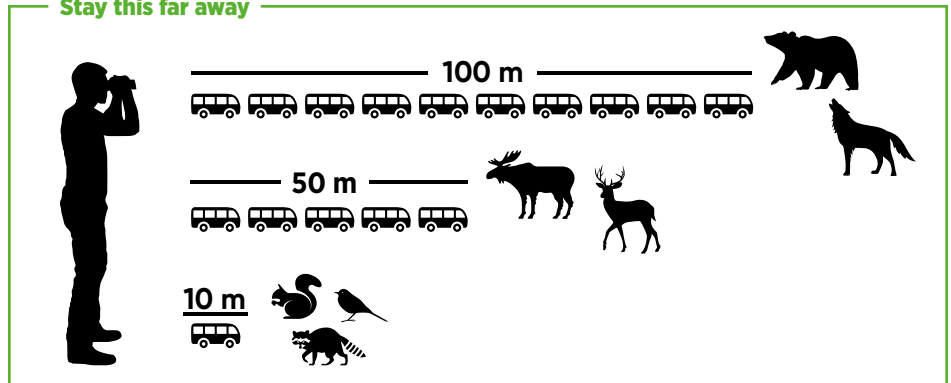
Living with wild animals: give them space

When you visit a national park dedicated to conservation and accessibility, you are in a place that belongs to the wildlife. Thousands of visitors try to approach or feed the park's animals so that they can get a closer look at them. Did you know that that changes their behaviour dramatically? They become more habituated, dependent and vulnerable. All too often, they are also victims of road accidents. A wild animal must remain wild to live a healthy life. Stay back the recommended distance when viewing wild animals. Do not offer them food, and do not attempt to be friendly with them.



When taking pictures of an animal, do not surround it, invade its space or follow it. Use a telephoto lens, or photograph it in its natural setting and enlarge the image later.

Stay this far away



Be part of the solution

Our national parks are places of inestimable richness. How fortunate we are to be able to explore them, stay in them, and enjoy the benefits of nature! **But did you know that their mission is also to protect these magnificent territories and the flora and fauna found therein?**

This heritage belongs to each and every one of us and to future generations too. With several million visits every year, each harmful practice can result in permanent damage to the **environment, in addition to affecting the quality of the experience** of other visitors. We must remain custodians of this exceptional world of nature so it can be enjoyed for a long time to come.

5 good practices to adopt

Refrain from feeding the animals

Keep your distance when animal watching

Stay on the trails

Don't collect natural elements (plants, dead wood...)

Keep your right of access on hand at all times

GUIDED DISCOVERY ACTIVITIES 2022

(in french only, except for Kayak de mer avec les huards)

SUMMER • JUNE 24 TO SEPTEMBER 4

DETAILED DESCRIPTION ON LAST PAGE

Day	Sector	Start	Duration	Activity	Type	Meeting point
Saturday	Diable	9 a.m.	1 hr.	R Apprentis gardes-parc	7 to 12 years old	Sanitary bloc, Chevreuil campsite
		3 p.m.	1 hr.	Quilles de plage	Game	Lac-Escalier Campground
		8 p.m.	1 hr.	Sans merci pour le cerf de Virginie	Multimedia talk	Discovery Centre
	Pimbina-Saint-Donat	4 p.m.	1 hr.	Le loup : mythes et réalités	Game	Lac-Provost Beach ¹
		8 p.m.	1 hr.	Histoires d'ours	Campfire talk	Pointe du Geai-Bleu ¹
	L'Assomption	11 a.m.	1 hr.	Le loup : mythes et réalités	Game	Grand-Pin Rental Centre
	1:30 p.m.	2 hrs.	\$ C À la découverte du lac de L'Assomption	Canoeing	Lac-de-L'Assomption Picnic Area	
Sunday	Diable	6:30 p.m.	2 hrs.	\$ C Marais safari	Canoeing	De l'Étroit Campground
		8 p.m.	1 hr.	Secrets de loups	Multimedia talk	Discovery Centre
Monday	Diable	2:30 p.m.	2 hrs.	\$ C Kayak de mer avec les huards (bilingual)	Sea kayaking	Discovery Centre
		8 p.m.	1 hr.	Le retour de l'aigle	Multimedia talk	Discovery Centre
Tuesday	Diable	4 p.m.	1 hr.	La vie la nuit	Game	Plage de la Crémaillère ²
		6:30 p.m.	2 hrs.	\$ C Marais safari	Canoeing	De l'Étroit Campground
		8 p.m.	1 hr.	SOS Chauves-souris	Multimedia talk	Discovery Centre
		9:30 p.m.	1 hr.	Lumière sur les étoiles	Multimedia talk	Discovery Centre
Wednesday	Diable	2:30 p.m.	2 hrs.	\$ C Kayak de mer avec les huards	Sea kayaking	Discovery Centre
		3 p.m.	1 hr.	Le loup : mythes et réalités	Game	Lac-Escalier Campground
		8 p.m.	1 hr.	Belette et compagnie	Multimedia talk	Discovery Centre
	Pimbina-Saint-Donat	4 p.m.	1 hr.	Quilles de plage	Game	Lac-Provost Beach ¹
		8 p.m.	1 hr.	Histoires d'ours	Fireside chat	Pointe du Geai-Bleu ¹
Thursday	Diable	4 p.m.	1 hr.	À table avec l'ours noir !	Game	La Crémaillère Beach ²
		6:30 p.m.	2 hrs.	\$ C Marais safari	Canoeing	De l'Étroit Campground
		8 p.m.	1hr. 15 min.	Pourquoi les loups ?	Multimedia talk	Discovery Centre
	Pimbina-Saint-Donat	4 p.m.	1 hr.	La vie la nuit	Game	Lac-Provost Beach ¹
Friday	Diable	2:30 p.m.	2 hrs.	\$ C Kayak de mer avec les huards	Sea kayaking	Discovery Centre
		8 p.m.	1hr. 15 min.	125 ans d'histoire	Multimedia talk	Discovery Centre

FALL • SEPTEMBER 5 TO OCTOBER 9

Saturday	Diable	10 a.m.-12 p.m.	Ad Lib.	Un parc à découvrir !	Info-Nature	Discovery Centre
		8:30 p.m.	1 hr. 30 min.	\$ C Visite du cosmos	Astronomy	Lac-Monroe Service Centre
	Pimbina-Saint-Donat	10 a.m.-12 p.m. 1-3 p.m.	Ad Lib.	Un parc à découvrir !	Info-Nature	Pimbina-Saint-Donat Reception
Sunday	Diable	11 a.m.	1 hr. 30 min.	Une rando haute en couleurs	Hiking tour	Discovery Centre
Tuesday	Diable	7:30 p.m.	1 hr.	Secrets de loups	Multimedia talk	Discovery Centre
Wednesday	Diable	11 a.m.	1 hr. 30 min.	Une rando haute en couleurs	Hiking tour	Discovery Centre
		8:30 p.m.	1 hr. 30 min.	\$ C Visite du cosmos	Astronomy	Lac-Monroe Service Centre
Thursday	Diable	7:30 p.m.	1hr. 15 min.	125 ans d'histoire	Multimedia talk	Discovery Centre

\$ Fee-based activity payable upon reservation. For fees, see the description of the guided discovery activities.

R Reservation form on site at the sanitary bloc of the Chevreuil campsite.

To be completed by participants in the week prior to the activity.

C Reservations are required at the Registration Centres or 819-688-2281. Please notify us if you wish to cancel.

¹ In case of rain, the activity will take place at the Pimbina-Saint-Donat welcome centre.

² In case of rain, the activity will take place at the Discovery Centre.



On rainy days

Park Ranger will give a special presentation at the Discovery Centre at 12 noon (in french only). The activity will be announced the same day at the Discovery Centre.

CONSERVATION

Every national park is dedicated first and foremost to conservation. Access information is mandatory at all times and everywhere inside the Park.










Activity times may be affected by weather, trail, lake and river conditions.

Anyone travelling, staying or doing any activity in the Park who fails to comply with the list of activities authorized by management will be held in violation of Park rules. Activities that are not listed are not permitted. For example, climbing, mushroom picking or using a drone are prohibited.



Scan this QR code to download the official, legally valid list.

Main activities permitted in summer at Mont-Tremblant National Park

What	When	Where	Special features
 Hiking and running	From 8 a.m. to sunset	Roads, short and long hiking trails listed on the Park map.	 Walking outside the trails shown on the Park map is forbidden.
 Bike riding	From 8 a.m. to sunset	Multifunctional trails identified for this purpose as well as main and secondary roads shown on the Park map.	<ul style="list-style-type: none"> • Maximum speed of 20 km/h on multipurpose trails. • Power-assisted bicycles up to 750 watts with wheels 26" and larger are allowed.
 Berry picking	From 8 a.m. to sunset	Along the side of the roads, short and long hiking trails shown on the Park map. For consumption on site only, to prevent over-harvesting or commercial harvesting.	 <ul style="list-style-type: none"> • It is forbidden to walk outside the trails. • Mushroom picking is forbidden.
 Beach activity	From 8 a.m. to sunset	Supervised swimming is not offered. Unsupervised swimming is at your own risk.	
 Water activities in canoes, kayaks and paddle boards	From 8 a.m. to sunset ; May 1 to October 31	On lakes and rivers accessible by trails and roads shown on the Park map.	<ul style="list-style-type: none"> • No other types of watercraft are authorized. • It is forbidden at all times to approach within 15 m of the islands (breeding grounds) or beyond the buoys. • The use of motors is not allowed.
 Fishing	From sunrise to sunset	In the water areas listed in the Park's fishing regulations (see website).	A Park fishing permit is required in addition to a provincial fishing permit.
 Scuba diving	From 8 a.m. to sunset	On Lauzon, Hélène and Eau Claire lakes	

Instructions for boats, nautical and fishing equipment. To protect the Park's lakes from invasive species.



Cleaning up
Clean your boat and equipment after each use.



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



Drying boats
Dry your boat and equipment thoroughly.



Curfew and quiet time



Curfew from 11 p.m. to 8 a.m. No noise should be made that may disturb other visitors. Music is forbidden at all times and headphones must be worn. Road traffic is permitted on the

Park map. No daily visit access from 10 p.m. to 7 a.m. During that time traffic is limited to essential travel for guests staying in the Park. However, traffic is allowed until midnight for astronomical observation at designated sites. Visitors with fishing permits may travel to their fishing lakes starting at 6 a.m.



Highway code
Visitors must obey the provincial highway code at all times. Please respect the speed limits (10 km/h in campsites, 50 km/h on the main road).

Regulatory reminder The following activities are forbidden:



Feeding, handling, molesting or taming animals (e.g. ducks, frogs, tadpoles).



Bringing animals other than guide dogs and leashed dogs to designated areas.



Cutting, removing bark, mutilating or collecting trees, shrubs, flowers, mushrooms and any other plants, whether dead or alive:



Collecting dead or living wood from the forest to start or maintain a fire or for any other purpose.

Night environment protection when camping



Inappropriate ambient lighting, such as string lights, unnecessary lighting when campers are asleep, and the use of spotlights are forbidden. This requirement is in no way intended to compromise the safety of visitors.



Guided boat excursions

Free for children 17 and under*

KAYAK DE MER AVEC LES HUARDS - BILINGUAL

Bilingual • minimum age: 7

\$49.75 / adult

Explore the waters of Lac Monroe by sea kayak on this Park Ranger-led tour. The splendours of the Vallée de la Diable will enchant you, and so will the bewitching song of the loons! Children aged 7 to 12 must be accompanied by an adult in the kayak.

MARAIS SAFARI

\$11.75 / adult

Access one of the Park's richest habitats on this guided twilight canoe trip. Animal watching guaranteed!

À LA DÉCOUVERTE DU LAC DE L'ASSOMPTION

\$11.75 / adult

Embark on this adventure and discover Lac de l'Assomption with a Park Ranger. This canoe trip on one of the Park's most beautiful lakes is an unforgettable experience!

Multimedia talks

Free

POURQUOI LES LOUPS ?

Wolves are essential to healthy ecosystems. But what role do these large predators play? Are they surviving sustainably or are they endangered?

LUMIÈRE SUR LES ÉTOILES

Did you know that the Park is taking steps to counter light pollution on its territory? Our starry sky, a fabulous light show, needs some looking after. This introductory astronomy activity takes place indoors and is followed, weather permitting, by a period of stargazing.

125 ANS D'HISTOIRE POUR LE DOYEN DES PARCS NATIONAUX QUÉBÉCOIS

Experience the era of logging, private hunting and fishing clubs and the early days of camping in this breathtaking journey through time!

SANS MERCI POUR LE CERF DE VIRGINIE

The white-tailed deer is without a doubt the easiest of the large mammals to observe in the Park. Spotting these large mammals has brought happiness to many a visitor. So why are we showing them no mercy?

LE RETOUR DE L'AIGLE

Why has the bald eagle returned to the Park? This talk will tell you everything you need to know about this spectacular bird of prey.

SECRETS DE LOUPS

To protect a species, it is essential to know that species well. Several of the Park's wolves were satellite tracked by way of radio collars between 2015 and 2018. This large-scale research project has revealed the secrets of these large predators.

BELETTE ET COMPAGNIE

Among the Park's mammals, the mustelid family is well represented. Come and discover these distinct animals, very active and known to be bloodthirsty.

SOS CHAUVES-SOURIS

Bats have been part of our nocturnal stories since the dawn of time, but these small flying mammals are now experiencing a significant decline. This exciting saga will unmask these dark beauties!

Activities in french only except for Kayak de mer avec les huards

*Accompanied by an adult; does not apply to youth groups.

Games

Free

À TABLE AVEC L'OURS NOIR !

Does a black bear's appetite live up to its reputation? Have fun preparing a meal for a black bear – and learn more about this representative Park mammal in the process.

LA VIE LA NUIT

Is light pollution as bad for ecology as it is for astronomy? What is the impact of artificial light on animals? Take part in this family game about the Park's nocturnal wildlife to find out!

LE LOUP : MYTHES ET RÉALITÉS - NEW!

What animals in the Park do wolves prey on mostly? Is the territory large enough to protect these large predators properly? This activity on the Park's emblematic animal will captivate young and old alike!

QUILLES DE PLAGE

Have fun discovering how you can help protect nature in our national Parks through a game of Finnish bowling, a popular game of skill for the whole family!

Campfire talks

Free

HISTOIRES D'OURS - NEW!

Let your imagination take you on a wolf pack's night hunt to learn more about these large predators. Will the wolves catch their prey?

7 to 12 years old

Free

> Activity by reservation

APPRENTIS GARDES-PARC - NEW!

A unique opportunity for young people aged 7 to 12 to find out what Park Rangers do and be part of a camping patrol! One accompanying adult per family.

Info-nature

Free

UN PARC À DÉCOUVRIR !

Come and meet the Park Rangers and discuss their favourite activities. You will also discover the Park's star animals with the help of a number of ecofacts such as stuffed animals, skulls, feathers, furs, etc.

Guided hiking tour

Free

UNE RANDO HAUTE EN COULEURS

Discover the Park in the fall and admire the beautiful scenery of the Laurentian mountain range. The guided hike ends at the de la Roche lookout. Bring your lunch or a snack!

Astronomy

Free for children 17 and under*

\$4.95 / adult

> Activity by reservation

VISITE DU COSMOS - NEW!

Use a 12-inch telescope and a refracting telescope to search for celestial bodies while learning more about astronomy. This activity takes place rain or shine. An indoor multimedia presentation is provided in case of cloudy weather. Snack and hot beverage included.