

Traduction - Version originale en français

Parc national des Monts-Valin

Protected territory. Enriching nature experiences.

From your first steps in the trails, you will feel the light cool wind of the north! From the meanders of Rivière Valin to the rocky peaks of the mountains, or even to the fabulous Vallée des Fantômes, explore the park on foot, skis, snowshoes or by canoe, according to the seasons, at your own pace!



Sépaq
human nature

Our team's favorites



A

Rivière Valin Valley: At the foot of a giant!

This area can be explored by canoe on the river or on the trails that wind through its foothills. The Tête-de-Chien trail, popular in every season, leads half-way up the mountain to an altitude of 576 metres (8 kilometres round trip). On the other side, Le Mirador trail offers a stunning view of the wetlands and the mountain (3 kilometres round trip).



B

Pic de la Hutte

The Pic de la Hutte peak is 900 metres high. At this altitude, visitors notice differences in vegetation and the exceptional view. A rest stop provides shelter and a place to have a snack. The trail is accessible from the Registration Centre (16-km trail round trip) or, more easily, by driving up the mountain by car (3-km round trip trail or 5-km loop).



C

Baie d'Alexis sector

At the foot of the famous Vallée des Fantômes and Pic Dubuc, the Baie d'Alexis sector offers a variety of accommodations on the shores of Lac aux Canots. This is the perfect base camp for exploring the park along the trails or lakes. Couples, families and groups will find what they need with our variety of accommodations, which offer both comfort and the tranquility of the boreal forest.



D

Lac Martin-Valin sector

Brook trout (speckled trout) fishing is practiced here by the day or with accommodations (fishing package). Comfortable cabins are also available for those who simply want to enjoy water sports and the peaceful setting. Canoeing is a great way to explore this network of lakes.



PCF



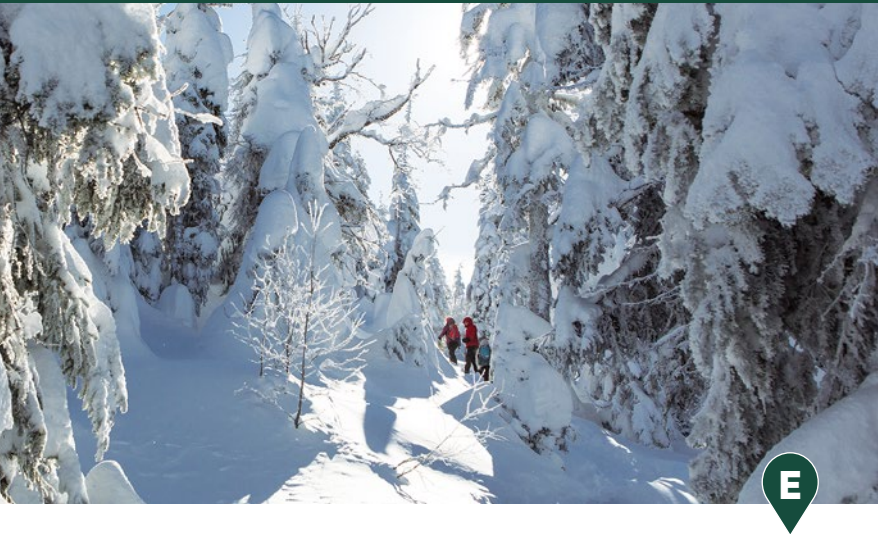
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Trails to discover



Hiking in Vallée des Fantômes

If you're looking to make peace with winter and snow, this is the perfect adventure. In the heart of Vallée des Fantômes, take a moderate 3-km trail to the top of Pic Dubuc. From there, you'll have a view as far as the eye can see of the Piedmont hills and the Mont Valin massif, as well as the Saguenay lowlands. A rest stop two kilometers from the starting point provides hikers with shelter to warm up and have a bite. Take to Fantôme-Express shuttle for easy access to Vallée des Fantômes.

Trails to discover (summer and fall)

STARTING POINT	DESTINATION	LENGTH AND DURATION		LEVEL
Discovery and Visitors Centre (230 m)	 Le Mirador – Take a step back to enjoy an amazing view of the mountain and the wetlands at its base, including Étang Bélanger and the ramblings of Rivière Valin. Altitude: 290m	3 km (round trip)	1h	F
	  Lac-des-Pères – Easy access trail even with a stroller. A bench is available near the lake. Stop for a break! Altitude: 330m	3 km (round trip)	1h	F
	 Le Pic-de-la-Tête-de-Chien – One of the park's most popular trails in all seasons! Several breathtaking views of ponds and rivers. Altitude: 576m	8 km (round trip)	2.5h	D
	Le Pic-du-Grand-Corbeau – A platform used as a starting point for paragliders and which also makes you feel like flying! Altitude: 823m	12 km (round trip)	4h	D
	Le Pic-de-la-Hutte – A platform used as a starting point for paragliders and which also makes you feel like flying! Altitude: 823m	16 km (round trip)	5h	D
Pic-de-la-Hutte parking lot (840 m)	 Le Pic-de-la-Hutte – This area is more easily accessible by taking the road that goes up the mountain. A warming hut invites you for a picnic near the summit. Altitude: 902m	3 km (round trip)	1h	F
	 Les Sommets – A loop that gives access to several peaks and views in the Pic de la Hutte sector. Altitude: 902m	5 km (loop)	1.5h	I
	Le Pic-Dubuc – Between the peaks of La Hutte and Dubuc, this trail leads to other peaks so you can enjoy a variety of panoramic views. Altitude: 984m	12 km (round trip)	4h	I
Baie d'Alexis (660 m)	Le Pic-Dubuc One of the highest peaks in the area. The “phantoms” are on summer vacation, but the view of the area is impressive (3600) at any time of year. Altitude: 984m	7 km (round trip)	2	I
	Le Pic-de-la-Hutte – A long day of hiking from the Baie d'Alexis sector. Altitude: 902m	19 km (round trip)	6.5h	D
Lac Martin-Valin (680 m)	Le Pic-Dubuc – Famous for its “phantoms” in the winter, this trail leads to the park's highest peak (3600). Altitude: 984m	14 km (round trip)	5h	D

LEVEL OF DIFFICULTY

F : easy

I : moderate

D : difficult



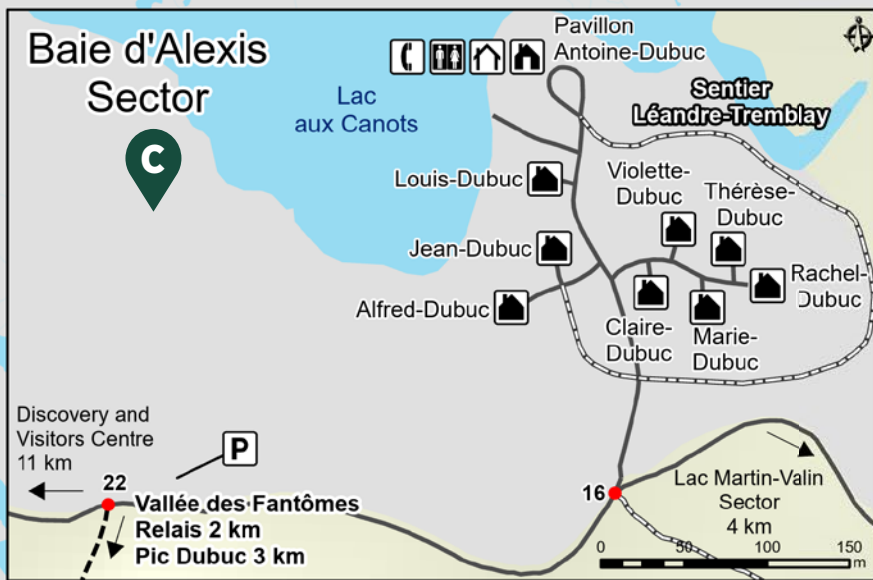
Dog allowed

sepaq.com/animaux

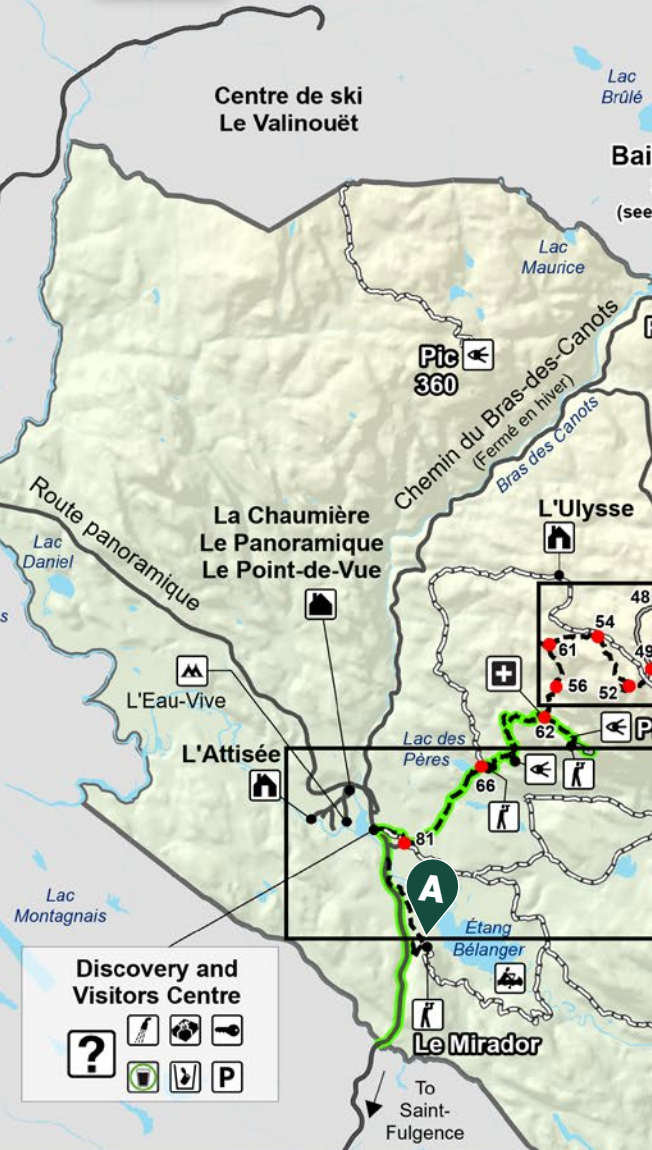
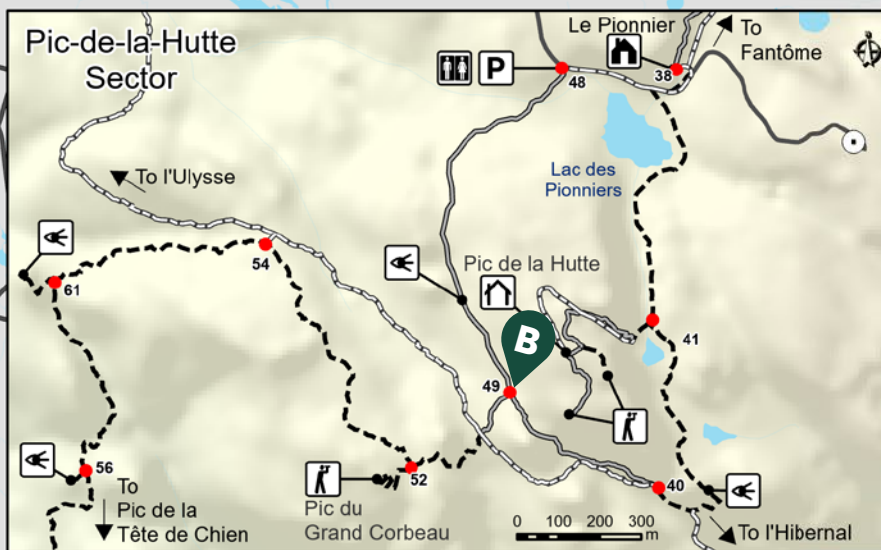


Family experience

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

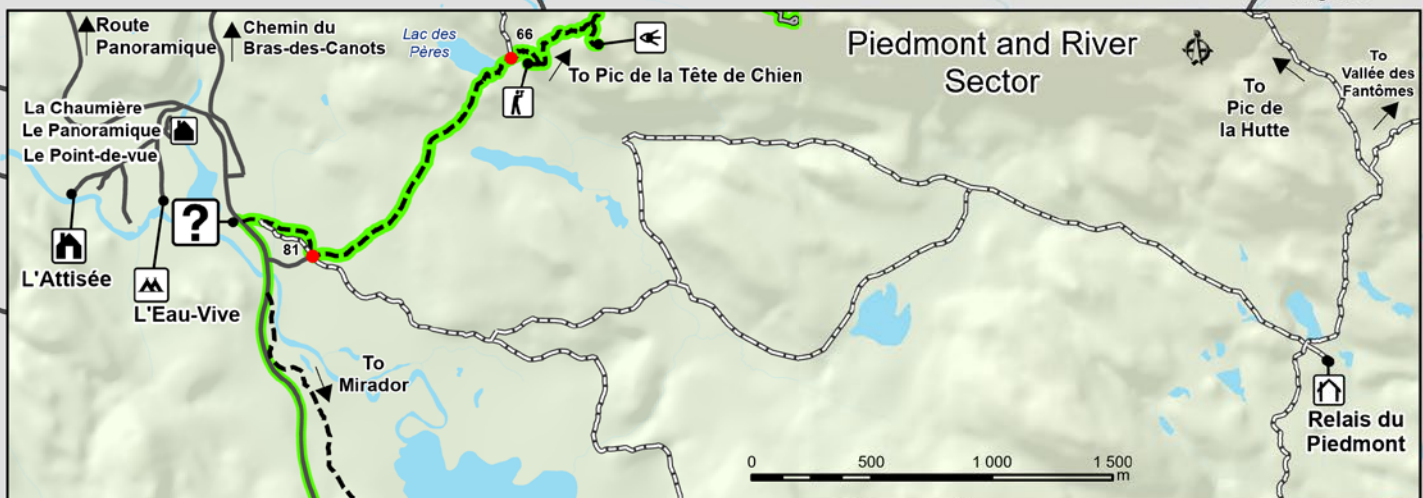


A detailed map for sale in the Discovery and Visitors Centre



Discovery and Visitors Centre

Icons for: ? (Information), [Hiker] (Trail), [Mountain] (Peak), [Hut] (Hut), [P] (Parking), [Bike] (Bike path).

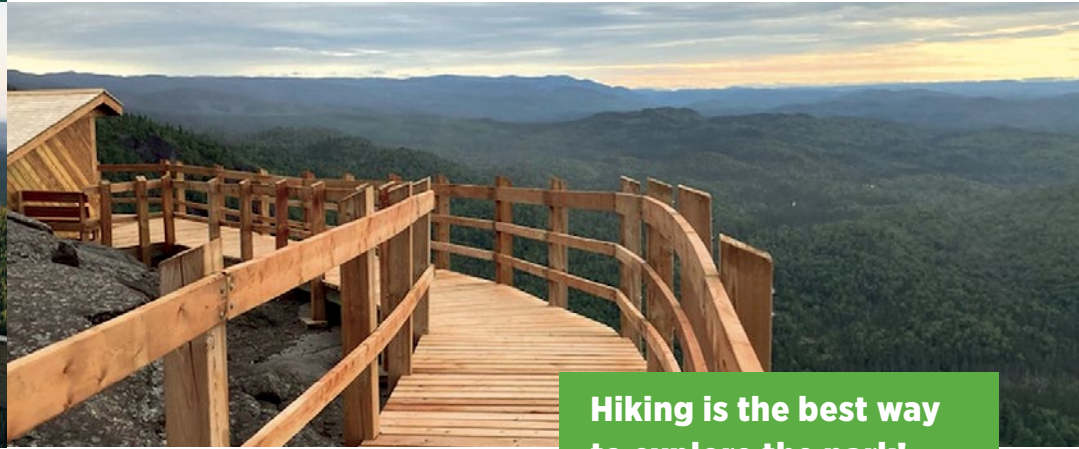


Rendez-vous with discovery

Summer

Hiking is the best way to explore the park!

Several viewpoints are accessible with different distances and levels of difficulty. Nearly 25 kilometres of trails criss-cross the park from east to west through a wide variety of reliefs and landscapes. A multitude of peaks ranging from 300 to 980 metres above sea level offer magnificent views of the Monts Valin mountains and the Saguenay region.



**Hiking is the best way
to explore the park!**



Water sports

The many bodies of water in the park make it a great place for canoeing, kayaking and paddle boarding. The meanders of Rivière Valin and the many branches of Lac Martin-Valin invite you to go exploring. Book your watercraft at the Registration Centre when you arrive. Cast your fishing line for the day and tease indigenous brook trout in high-altitude lakes.



Pic-de-la-Tête-de-Chien Trail

The trail that leads to Tête de Chien peak is the most popular in all seasons. On your way, several lookouts offer magnificent views. Just for a moment, become a giant overseeing the kingdom of Saguenay! The beginning of the trail is relatively flat until Lac des Pères. The ascent then begins gradually. The peak is 570 metres above sea level, offering a breathtaking panoramic view over a landscape of inter-twined forests and lakes with a strong Nordic character. If you're looking to do more mileage or climb to higher altitudes, you can continue on to Pic du Grand Corbeau or Pic de la Hutte.

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.



Bulletin de conservation

**Dans
notre
nature**



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

Backpacking

You can hike across the park in either direction. There are several different starting points. Car and baggage shuttle services available. Hikers can stay in a hut or cabin. Our advisors can help you plan your stay.



Winter

Meet phantoms and mummies

In addition to the famous Vallée des Fantômes, over 70 kilometres of snowshoeing trails open up winter exploration possibilities and the chance to observe diverse phenomena. The mountain's generous snow cover creates «phantoms» in various places in the park. The ice formed on the trees at over 900 metres in altitude makes them look like frosty «mummies». Explore our trails on snowshoes, Nordic skis or cross-country skis.

In the heart of Vallée des Fantômes, head to the top of Pic Dubuc on a 3 km moderate-level trail with a 320-metre vertical drop. From there, the hills of the Piedmont and the Monts Valin massif stretch as far as the eye can see, as well as the Saguenay lowlands.

At the foot of Vallée des Fantômes, Nature cabins, EXP cabins and the Antoine-Dubuc Lodge offer three types of accommodation that will meet your specific tastes and needs. They are



accessible via the Fantôme Express shuttle. At the foot of the mountain, comfortable cabins are accessible by car.

Backpacking enthusiasts can take a 2 to 5-day circuit on snowshoes or Nordic skis along 75 kilometres of winter trails, spending the night in 5 mountain huts. These trails are marked, but not groomed or traced.

You can meet ghosts and mummies.



Fantôme express shuttle service

Easily access Vallée des Fantômes and our mountain accommodations using the Fantôme Express shuttle. The shuttle makes daily departures from the Discovery and Visitors Centre based on a fixed schedule. Tracked vehicles are available for winter transportation.

The schedule is available at the Discovery and Visitors Centre and on our website. The trip lasts about 45 minutes. 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

DISCOVERY ACTIVITIES

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

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



Conserve for tomorrow



Conservation and accessibility: the challenge of a national park

Last September, the true summit of Pic de la Tête de Chien became accessible to national park visitors again. Access to this area had been prohibited to protect the rare and fragile plants from trampling. By controlling traffic along well-defined corridors using an infrastructure, fragile plants are protected and visitors can discover the extraordinary views. To measure the impacts of reopening this sector, a monitoring program has been established. The results will make it possible to continue to protect the flora of the national park.

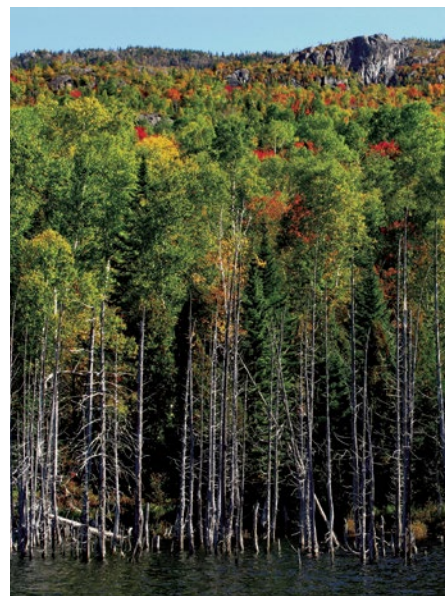


Restoration of disturbed sites

Before the creation of the national park in 1996, the territory was used for various activities such as vacationing and forestry. These uses have left traces in the form of abandoned cabins, unused roads or borrow pits. A program to restore disturbed sites has been underway for several years. Old cabins have been taken down and borrow pits have been restored and revegetated. The program will continue in the coming years.

Old forest

The national park is home to very old forests. Consider the fir forest in Vallée des Fantômes, which has not burned for over 5,000 years, or the sugar maple trees near Lac des Pères, the first traces of which date back more than 3,500 years. The trees that we see today are of course not as old, but the forest area where they are found is an old forest that has unique and essential characteristics for the maintenance of biodiversity. To fully measure the richness of these ecosystems to protect, a research project is underway with the Centre de recherche sur la boréale of the Université du Québec à Chicoutimi.



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.