

Journal

2013 • 2014 | ENGLISH VERSION



PARC NATIONAL DE LA
JACQUES-CARTIER



Webcam





THE MUST-DOS



► PARK PATHS

A new way to discover our national parks

The Park Path Explorer is a new tool for customizing your visit to a national park in the Parcs Québec network and learning more about the wealth of resources featured in these magnificent protected areas. Select your touring route among several paths to suit your preferences and interests, and discover beauties of Nature, landscapes, habitats, wildlife, plant life, and the park's history.



► SHELTER-RABASKA COMBO

Find out all there is to know about the origins of the Park and discover impressive landscapes on water and on foot. Join one of our park warden-naturalists during these exciting activities: **Follow the Current in a Rabaska Canoe** and **Beneath Giant Rocks**. Combine both activities for a perfect afternoon outing. After this experience, the Park will hold no secrets for you. Obtain more information at the Discovery and Visitors Centre (Km 10).



► DOWNRIVER IN A MINI-RAFT

For groups or families, the mini-raft is the watercraft of choice to explore the river's most lively sections. The mini-raft is unsinkable, very stable and easy to handle in rushing waters, even by children aged five and older. During summer weekends, a guide can accompany you down the river. For more information, go to the Discovery and Visitors Centre (Km 10).



► LES LOUPS TRAIL

Accessible in summer and winter, this trail is a key attraction at the Park. It features two observation decks that afford breathtaking views of the valley. On the decks, take in the sheer breadth of the mountains surrounding you and the spectacular high mountain walls along the Jacques-Cartier River. To make the most of your tour, borrow an I-pod free of charge and follow the series of discovery stations suggested by the Park Path Explorer.



► YURT ACCOMMODATIONS

Experiencing a stay in a yurt is a privileged way to commune with Nature. Its round shape is an invitation to relaxation. Gazing at the stars at night through the skylight is delightful. The stylishly furnished, fully serviced yurt guarantees a comfortable turnkey stay.

Parc national de la Jacques-Cartier
Exit 182, Highway 175
Stoneham et Tewkesbury
No47°06'92.2" - Wo071°20'50.0"

Postal Address
103, chemin du Parc-National
Stoneham et Tewkesbury
(Québec) G3C 2T5

1 800 665-6527
Tel. 418 848-3169
Fax : 418 848-1372



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PRACTICAL INFORMATION

A NOBLE MISSION FOR THE PARK

Parc national de la Jacques-Cartier was established in 1981 to protect a representative sample of the natural area surrounding the Laurentides Mountains, located north of Québec City. Visitors to the Park can make an incursion into valleys cutting a deep swathe through a vast mountainous plateau where the Jacques-Cartier, Sautauriski and La Cachée rivers wind, sometimes calm, other times tumultuous. Contrary to popular belief, the valleys – actually faults in the Earth’s crust – were already formed when the last glaciation occurred and during the passage of glaciers that smoothed the landscape. The area covering 670 km² of the Park includes three different kinds of forests: the boreal forest on the Park’s plateaus, the hardwood forest deep within the valleys and, nestled between the two, the mixed-wood forest. The variety of habitats at the park is home to abundant, diversified wildlife, including the three large cervids found in Québec: woodland caribou, moose and white-tailed deer. Typical boreal forest mammals also roam this habitat: the grey wolf, the red fox, the Canadian lynx, the black bear and the Canadian beaver.

ENTRY FEES VALID FROM APRIL 1, 2013 TO MARCH 31, 2014

CATEGORY OR GROUP	DAILY RATES	ANNUAL PARK CARD	ANNUAL NETWORK CARD
Adult (18 or over)	\$6.50	\$32.50	\$58.50
Child (6 to 17)	\$3	\$15	\$27
Child (0 to 5)	Free	Free	Free
1 adult with children 6 to 17	\$9.50	\$47.50	\$85.50
2 adults with children 6 to 17	\$13	\$65	\$117
Organized adults group	\$5.75	N/A	N/A
Organized youth group (aged 6 to 17)	\$2.50	N/A	N/A
School or student group	Free	N/A	N/A

Taxes included. Annual Park or Network card is valid for 12 months.
Prices, terms and services indicated in this Journal are subject to change without notice.

Your Safety : Your Responsibility



Outdoor activities can involve certain risks. Make sure that you have the skills and abilities required for the activity you choose. It is important to know the risks inherent to this activity, to respect your limits and to use appropriate equipment. For more information, we invite you to consult our Web site at sepaq.com.

REGULATIONS



To contribute to improving the quality of the park experience, an entry fee was established by the government. You must always carry your receipt or your annual card during your visit.



To preserve the natural riches for future generations, it is prohibited to remove natural elements (animals, plants, dead wood, rocks, etc.).



The flora is sensitive to being trampled. If we multiply the impacts of thousands of visitors, it's easy to understand why it is mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium. The animals find everything they need to eat here, and that is why feeding wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.



Domestic animals are prohibited in Québec’s national parks. But guide dogs and service dogs accompanied by their foster families are admitted. However, these dogs must be easily identifiable, wearing the Mira scarf or harness. Those in charge of the animal must carry the foundation’s letter of accreditation.



It’s great to enjoy an authentic natural environment that is clean and healthy! Carry out your garbage, leave it in the containers provided, and take home any harmful substances, such as soap, oil, combustibles or pesticides.



For the preservation of the milieu and for your safety, only a certain number of activities are allowed in these parks. Plan your visit and first check the list of activities that are allowed in the parks you plan to visit.

MAKE WAY FOR CONSERVATION

CONTRIBUTE TO KNOWLEDGE!

Tell us all about your wildlife discoveries by recording them on observation sheets available at the Discovery and Visitors Centre (Km 10).

WILDLIFE CROSSINGS UNDER THE HIGHWAY?

As part of the redevelopment of Highway 175, Québec's Ministry of Transportation has invested in the installation of control devices for large-, medium- and small-size wildlife. In addition to serving a public safety purpose by reducing the number of wildlife-vehicle collisions, these structures were set up with the environmental concern to connect habitats on both sides of the highway.

You have probably noticed large fences installed along the highway, odd structures looking like turnstiles, cattle guards, or metal tubing laid out on the ground at park entrances. Those devices are a few examples of structures installed to prevent cervids from getting on the roads. Although they improve the safety of road users, those kinds of structures hamper the free circulation of wildlife on both sides of the highway and can eventually prevent animal populations from mingling. This is why under-highway wildlife crossings were designed to reduce habitat fragmentation. For instance, fences in the shape of funnels have been installed at grassroots level. This fencing leads to a passageway under the highway, thus preventing smaller mammals like fox or mink from crossing everywhere on the road. In addition, green areas have been laid out alongside rivers under overpasses to allow large wildlife (moose, bear, etc.) to cross safely. Large wildlife fencing along the road serves as a barrier to animals, which are encouraged to converge towards those safer passageways.

Dry culverts have also been inserted under the highway at several locations to allow smaller animals to cross freely. Inside some existing culverts where there was water, sidewalks have been added above water level to allow small mammals to cross on dry ground.

These large-scale wildlife infrastructures are a first in Québec. Several researchers are monitoring the progress of their use by wildlife. New knowledge acquired with this project will allow improving the development of new crossings currently being built elsewhere in Québec.

For those who would like to learn more about wildlife crossings, the **Getaway to Boréale** (see the calendar of activities on Page 14) activity includes a stop at a wildlife crossing.



PARK SCIENTISTS

For more than 40 years, recreation specialist Louis Lefebvre contributed to the development of activities and services in national parks across Québec. He started his career as a cross-country ski instructor in 1972 by grooming the first cross-country trails in the former Parc des Laurentides (now Réserve faunique des Laurentides) as soon as Camp Mercier was open. Later in 1975, he became the first operations manager in the valley of the Jacques-Cartier River, six years before Parc national de la Jacques-Cartier was created in 1981. At that time, he developed a keen interest in the Sentier des Jésuites, a 283 kilometre long trail that he followed across country between Lac Saint-Jean and Québec City, in 17 days. Following several expeditions and endless hours of historical research, he published a book entitled *LE SENTIER DES JÉSUITES 1676 – 1703*. This work of reference describes how Native peoples used the Laurentides Mountains. We wish to highlight the contribution of now retired Louis Lefebvre to the preservation and promotion of Parc national de la Jacques-Cartier. With warm thanks!

FOR MORE INFORMATION

If you would like to learn more about your national park, take part in one of our discovery activities, browse the interactive terminals at the Discovery and Visitors Centre or follow one of our interpretation trails. The **Conservation Newsletter** and **Conservation Blog**, available on line on the Parcs Québec website, are sure to satisfy the most inquisitive minds.



CONSERVATION
NEWSLETTER



CONSERVATION
BLOG



TOURISME JACQUES-CARTIER

For more information about lodging, restaurants and activities offered in Jacques-Cartier, visit our website.



www.jacques-cartier.com / 1 877 844-2358



DISCOVERING A VAST TERRITORY

WHAT TO DO IF YOU MEET UP WITH A BEAR

Parc national de la Jacques-Cartier covers a vast expanse of wild land where dwell most large mammal species accounted for in Quebec. During your tours in the forest, you might be lucky to see some of them, such as black bear. If you encounter one, here are a few rules to follow:

- 1 ▶ Never feed black bear.
- 2 ▶ Stay calm and assess the situation.
- 3 ▶ Do not shout and do not make any sudden movements. Talk to it softly. Make your presence known.
- 4 ▶ Always allow the bear a passage for escape. Do not trap it. Allow the bear enough space to turn around.
- 5 ▶ Do not flee by running away, unless you can quickly reach safe grounds.
- 6 ▶ Back up slowly while keeping an eye on the bear so you know where it is at all times.
- 7 ▶ If the bear moves forward, throw objects in front of you to distract it. Try to scare it off.

If you see a bear whose presence might be worrisome, do not approach it and notify a park employee. A park warden will decide if something is to be done.

SELF-RELIANCE IN THE BACKCOUNTRY



For the more adventurous, Parcs Québec now offers outdoor enthusiasts the opportunity to outdo themselves and grow through direct contact with the wilderness in landscapes seldom explored, where the word adventure takes on its full meaning. In line with its mission to preserve national parks in Québec and to allow visitors full access to the land, Parc national de la Jacques-Cartier is opening the park's backcountry for the first time. Backcountry activities are non-organized wilderness outings, where trails and other usual services (pit toilets, water points, campsites, etc.) are non-existent or at least not marked. Visitors to the backcountry must be entirely self-reliant.

The goals of this new activity offered at the Park are as follows:

- ▶ Offer to a particular category of outdoor enthusiasts maximum freedom to enjoy the natural wealth of a national park and the opportunity to experience the great outdoors;
- ▶ Allow a particular category of outdoor enthusiasts the opportunity to discover and learn about different aspects of a national park and heighten their awareness of the importance of preserving these natural environments;
- ▶ Benefit from travelers' tales to enhance their general knowledge of the land.

To ensure that this offer meets the capacity of the natural environment to allow visitor access, seven "No Trace" principles serve as the founding codes of conduct securing the protection of this vast landscape.

For more information about this activity and the conditions underlying **authorizations** for **daily access** or **extended stays** in the backcountry (with an overnight stay), please visit the Parc national de la Jacques-Cartier website.

Visitors who would rather explore the Park's high plateaus guided by a park warden-naturalist are sure to enjoy the **Getaway to Borélie** activity (*see the calendar of discovery activities on page 16*).

WHO'S WHO?

- ▶ I am the largest North American cervid.
- ▶ Park visitors can see me five times a day on average during summer.
- ▶ I prefer to show myself at dawn or dusk.
- ▶ I can spend hours cooling down in the river and grazing algae.
- ▶ I can weigh more than 400 kg.
- ▶ I watch over visitors at the entrance to the Discovery and Visitors Centre.
- ▶ I prefer to be observed 50 metres away.
- ▶ I am the animal symbol of Parc national de la Jacques-Cartier.

I AM A MOOSE (ALCES ALCES)



AUTHORIZED ACCESS MANDATORY

EXTEND YOUR STAY



CABINS		\$	\$
Vallée Sector Exit 182, Highway 175	Person icon	Low season /night	High season /night
Petit Kernan	2	\$138	\$138
Moyen Kernan	6	\$215	\$247
Godendart	6	\$215	\$247

CABINS		\$
L'Épaule Sector Km 94, Highway 175	Person icon	From / night Fishing package
Devlin 2,3,4,5	4	\$316
Devlin 1	6	\$450
Lac à l'Épaule lodge	14	\$882

Amenities: electricity, equipment to prepare and serve meals, stove, refrigerator, toilet, shower, drinking water, wood stove, 2 twin beds in each bedroom.



YURTS		\$	\$
Vallée Sector Km 74, Highway 175	Person icon	Summer /night	Winter /night
#1 to #5	4	\$134	\$142

Amenities: electricity, equipment to prepare and serve meals, propane stove, refrigerator, washroom facilities with toilet, shower, drinking water, wood stove, 4 twin beds.



RUSTIC SHELTERS		\$	\$
Vallée Sector Km 74, Highway 175	Person icon	Summer /night	Winter /night
Cachée 1* and 2*, Raquetteur, and Balbuzard 1, 2 and 3	4	\$99	\$107

Amenities: propane stove (2 rings – propane included), table, benches, pit toilet, wood stove, 4 bunk beds.
* Winter only



HUTTOPIA TENTS		\$	\$
Alluvions Sites 48 to 64	Person icon	High season /night	Low season /night
	4	\$116	\$99

Amenities: Equipment needed to prepare and serve meals, outside camp stove (with 2 rings), refrigerator, washroom facilities with toilet, shower, drinking water, back-up heater, 2 double beds.



For a privileged opportunity to commune with Nature, enjoy camping at one of the Park's 139 sites. To ensure maximum tranquillity, sites are accessible only by foot (between 100 m and 2.5 km) or by canoe, except for the Alluvions et Bétulaie campsites, which are accessible by vehicle. Since 2012, a RV site can also be reserved. For more information or to make a reservation, visit www.parcsquebec.com/jacquescartier.



Huttoopia

Photo: Dominic Bourdault

A PARCS QUÉBEC'S EXCLUSIVE!

Discover the **Huttoopia tent**, a simple and comfortable way to discover the joys of camping without all the lugging.

Each unit includes:

- two big beds
- supplementary heating and lighting
- a propane-operated warming tray and a mini-fridge
- everything you need to prepare meals

2013 SEASON
80 new tents

2 new destinations:

- Îles-de-Boucherville
- Lac-Témiscouata

LOW SEASON ⁽¹⁾
\$99 /night

HIGH SEASON ⁽²⁾
\$116 /night

Capacity of 5 people (max. 4 adults)

(1) From Sunday to Thursday until June 20, 2013 and from September 8, 2013.

(2) Fridays, Saturdays, holidays and every day from June 21, 2013 to September 7, 2013. Taxes and entrance fee not included

Online reservation: parcsquebec.com/huttoopia



DOWNRIVER ON THE JACQUES-CARTIER

The Park offers a wide variety of watercrafts and river runs. Try the classic canoe, which is fast and easy to handle, the lightweight inflatable canoe, easy to paddle in rapids, the recreational kayak, well-known for being stable and sturdy, the Mayak, a new kind of kayak, the mini-raft, popular for being safe to handle and adapted to families or groups, or the air tube.

BETTER TO RESERVE EARLY
1 800 665-6527
 or www.parcisquebec.com

From May 17 to 26	Saturdays and Sundays	7:45am to 6pm
From May 27 to June 20	From Wednesday to Sunday ** Departures at 8:30am and 1:30pm only on weekdays	7:45am to 6pm
From June 21 to September 15	Every day	7:45am to 6pm
From September 16 to October 14	Saturdays and Sundays ** Departures: 8:30am and 1:30pm only	7:45am to 6pm

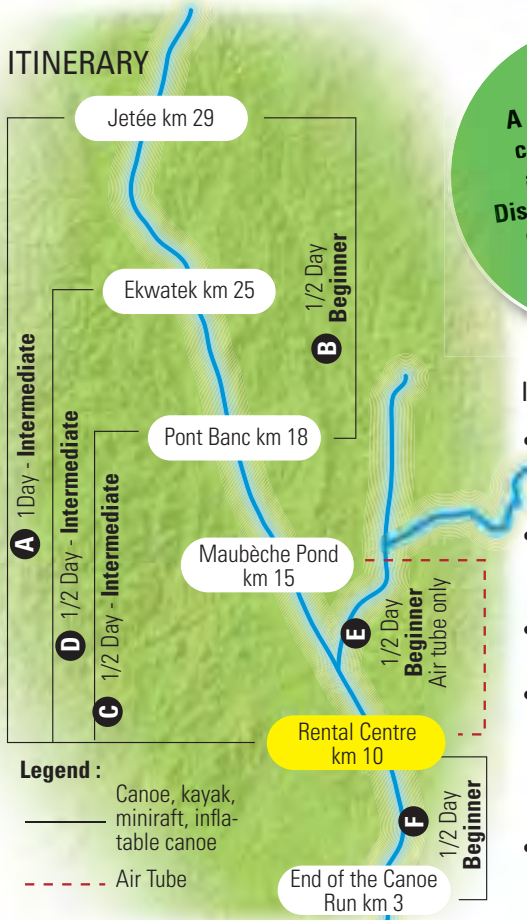


DEPARTURE	DISTANCE AND LENGTH OF TIME	LEVEL	ITINERARY	DESCRIPTION	WATERCRAFTS AND COSTS (including life jackets, paddles and wetsuits)	SHUTTLE	
8:30 am	1 Day 19 km	Inter-mediate	A La Jetée (Km 29) to the Rental Centre (Km 10)	A peaceful and spectacular 7.5 km run (2 Class I rapids) followed by 11.5 km featuring 8 Class I and II	Canoe	\$49	\$31.25
					Inflatable Canoe	\$38.50	\$31.25
					Solo Kayak	\$41.40	\$15.75
					Tandem Kayak	\$52.50	\$31.25
8:30 am	½ Day 11 km	Beginner	B La Jetée (Km 29) to Pont Banc (Km 10)	Perfect Run for Beginners A smooth run with impressive scenery 6 Class I and II rapids A return shuttle awaits you at 2p.m. at Pont Banc.	Canoe	\$32.25	\$31.25
					Inflatable Canoe	\$28.75	\$31.25
					Solo Kayak	\$30	\$15.75
NEW 9:30 am 10:30 am (offered on Saturdays and Sundays from June 22 to September 22)	½ Day 8 km	Inter-mediate	C From Pont-Banc (Km 18) to the Rental Centre (Km 10)	An exciting 8 km run featuring 4 Class I and II rapids	3-5 Place Mini-raft	\$60.50	\$60.50
					4-7 Place Mini-raft	\$92	\$92
11:00 am	½ Day 5 km	Beginner	From the Maubèche Pond (Km 15) to the Rental Centre (Km 10)	Unique to Parcs Québec! Smooth run to simply drift along the gentle river current	Air Tube	\$10.75	\$5.75
1:30 am	½ Day 15 km	Inter-mediate	D From L'Ekwaterk (Km 25) to the Rental	A smooth 4 km run to practise manoeuvres in calm waters followed by 11 km featuring 8 Class I and II rapids	Canoe	\$32.25	\$25
					Inflatable Canoe	\$28.75	\$25
					Solo Kayak	\$30	\$12.50
					Tandem Kayak	\$38.75	\$25
1:30 am	½ Day 8 km	Inter-mediate	From Pont-Banc (Km 18) to the Rental Centre (Km 10)	An exciting 8 km run featuring 4 Class I and II rapids	Canoe	\$32.25	\$15.75
					Inflatable Canoe	\$28.75	\$15.75
					Solo Kayak	\$30	\$8
					Tandem Kayak	\$38.75	\$15.75
					3-5 Place Mini-raft	\$60.50	\$60.50
1:30 am	½ Day 5 km	Beginner	E From the Maubèche Pond (Km 15) to the Rental Centre (Km 10)	Unique to Parcs Québec! Smooth run to simply drift along the gentle river current	4-7 Place Mini-raft	\$92	\$92
					Air Tube	\$10.75	\$5.75
2pm Return at 5pm	½ Day 7 km	Beginner	F From the Rental Centre (Km 10) to the End of the Canoe Run	Perfect run for a summer afternoon with 3 Class I and II rapids – A return shuttle awaits you at the end of the canoe run at 5p.m.	Canoe	\$32.25	\$15.75
					Inflatable Canoe	\$28.75	\$15.75
					Solo Kayak	\$30	\$8
					Tandem Kayak	\$38.75	\$15.75

SETTING OFF WITHOUT A SHUTTLE

Do you prefer to carry your own watercraft? **Departures are scheduled at 8:45 am, 9:45 am, 11:45 am and 1:45 pm.** Do not forget to reserve your watercraft!

ITINERARY



A detailed map of canoe circuits is available at the Discovery and Visitors Centre and at the rental centre.



IMPORTANT INFORMATION:

- It is strongly recommended to reserve watercrafts and the shuttle service at least 24 hours in advance.
- If you want to use the shuttle service, you must show up at the rental centre **at least 45 minutes** before departure.
- An identity card with a picture is required to borrow equipment.
- You can get around all the rapids by carrying your watercraft along a portage trail located on the right bank of the river. **Visitors renting watercrafts at the Park must necessarily take the portage trail at Rapid #11.**
- Except for the hourly rental booth, minimum age for rental is 12 (canoes and kayaks) and 5 (minirafts and air tubes) when with an adult.



FOLLOW THE GUIDE

Have you ever had the chance to paddle a mini-raft? Would you like a guide to accompany you on a personalized run downriver? Learn to paddle a watercraft and identify rapids while exploring the river's most fast-flowing sections. Find out more about the characteristics of the Park and its river. This is a great family activity not to be missed!

Available Saturdays and Sundays, from June 22 to September 2, at 1:30 pm

\$34.79 / adult \$24.35 / child (aged 6 to 17)

RESERVATIONS MANDATORY

AQUA QUIZ!!!

Guess, observe, listen... As you go downriver, stop at the series of stations to unravel the mysteries surrounding the Jacques-Cartier River. Obtain your free Discovery Pass at the Watercraft Rental Centre.

RIVER TUBING

The Jacques-Cartier River is your destination for tubing fun! Grab your air tube and spend a fantastic summer's afternoon gliding slowly down the Jacques-Cartier River. Children 5 to 12 must be accompanied by an adult for this activity. Air tubes can be rented from June 22 to September 2, 2013.



STILL WATERS

Is this your first outing on the river? Or do you feel like a short run on still waters? The hourly rental booth at Km 3 is the ideal spot to gear up for a paddle with the kids or a quiet ride all by yourself in an enchanting natural setting.

Available from 10:00 am to 7:00 pm, from June 22 to August 25, and August 31 to September 2, 2013

Hourly Rental (reservations not mandatory)

Watercrafts	Rates/hour
Canoe	\$15.25
Solo Kayak	\$13.50
Inflatable Canoe	\$11.50

CAMPERS ARE ENTITLED TO A 50% DISCOUNT ON RENTALS BEFORE NOON.

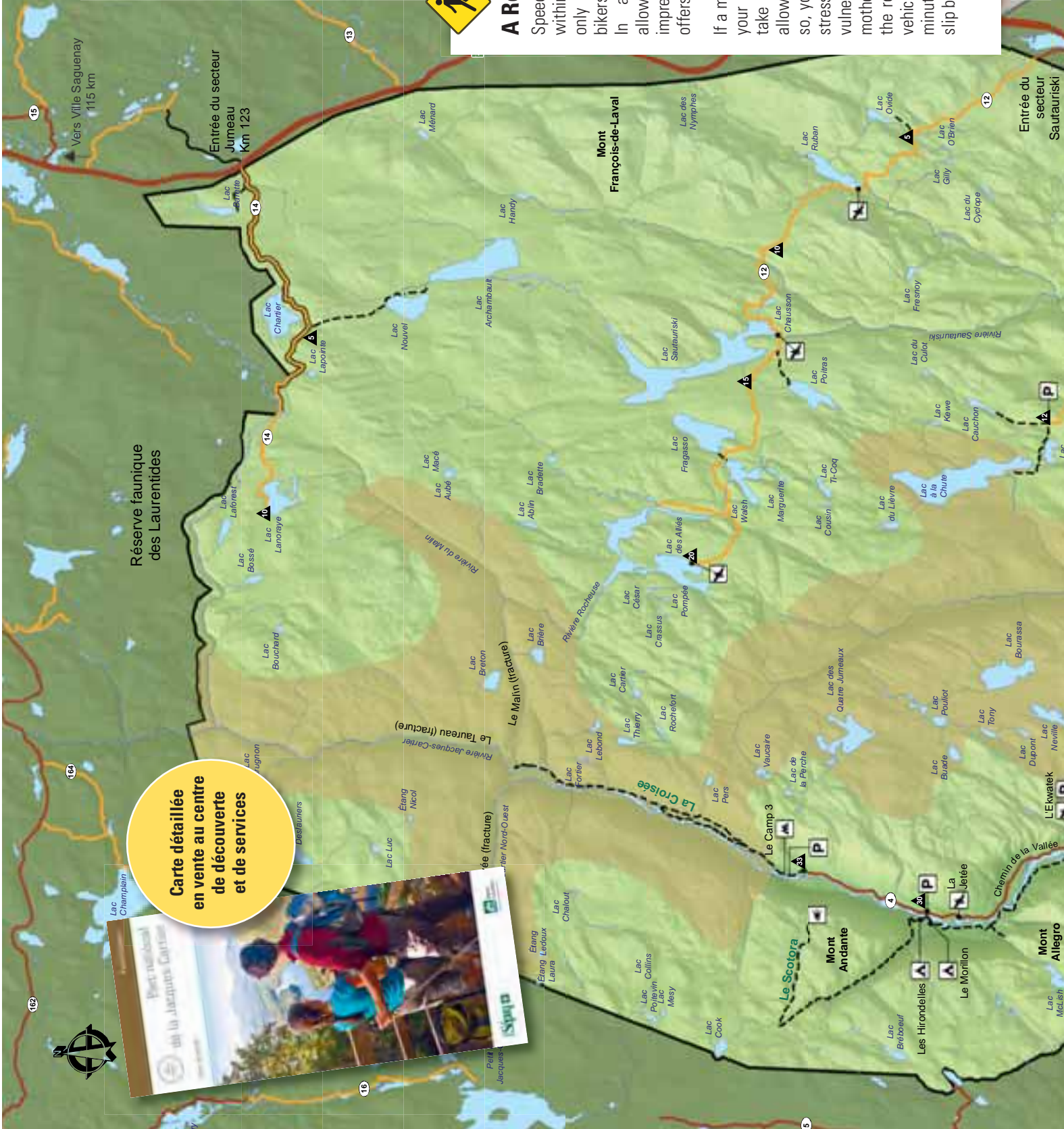
PARK MAP



A Road to Share

Speed limits are enforced within the Park to protect not only motorists, but particularly bikers, pedestrians and wildlife. In addition, slowing down allows you to fully admire the impressive views that Nature offers.

If a moose finds itself in front of your vehicle, it is important to take a picture, but you are not allowed to follow it. By doing so, you may cause unnecessary stress and a calf may become vulnerable if it strays from its mother. If a moose crosses the road at night, turn off your vehicle headlights for a few minutes to allow the animal to slip back into the forest.



**Carte détaillée
en vente au centre
de découverte
et de services**





TRAILS APLENTY

 	Trail	Length and duration*		Level of Difficulty	Departure Point
	La Rivière-Cachée – In winter, hike along the fascinating La Cachée River and marvel at its breathtaking falls against an ice wall background.	3.3 km/ loop	1 ½h	I	Km 0
  	La Tourbière – This short hike is filled with sights worth seeing! Visit a peat bog, a fir stand and a yellow birch forest... <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	2.9 km return trip	1h	B	Km 3
  	L'Éperon – Discover the L'Épaule Mountain, hike along the meandering river and take in a succession of breathtaking views of the valley. Featuring a 205-metre elevation.	5.4 km/ loop	2 1/4h	I	Km 3
 	La Rivière-à-l'Épaule – Reach the À l'Épaule sector by taking this trail: a worthy challenge for mountain bike enthusiasts and skiers.	20 km/ one way only	Summer: 3h / Winter: 6h	A	Km 3 or À l'Épaule Sector (Km 94 from Highway 175)
	L'Incursion – In winter, explore this link between L'Éperon and the Discovery and Visitors Centre winding its way in a thick forest of huge spruce and majestic yellow birch.	6.6 km/ one way only	3h	E	Km 3 or Km 10
  	L'Aperçu – Hike along the magnificent surroundings of the Belleau Brook for a thrilling outing full of discoveries. <i>Get our brochure available at the Discovery and Visitors Centre</i>	2.2 km/ loop	45 min	B	Km 10
  	Les Cascades – Cool sounds and an exhilarating visual experience await you on this trail running next to a cascading brook. <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	4 km/ loop	1 ½h	B	Km 10
   	Le Draveur Sud – Hike this forest trail and make a refreshing stop along the banks of the Jacques-Cartier River. In winter, enjoy back-country skiing on a 14.8 km loop and follow the Vallée Road for the return.	14.8 km/ return trip	2.5h hiking 1h biking	B / I (biking and skiing)	Km 10 or Km 18
 	Les Coulées – Travel through the valley from the Belleau brook and discover the splendours of the rolling Laurentides mountains.	10.4 km / loop	3 1/2h	I	Km 10
	La Voie-du-Bûcheron – Hike along this impressive trail at the heart of the Laurentides massif plateaus flanked by snow-laden spruce.	20.7 km/one way only	6h	A	Km 10 or Camp Mercier
   	La Rivière-Sautauriski – Let the Sautauriski River work its charm, at times still, other times tumultuous and at times stony, other times sandy. This habitat is perfect for Atlantic salmon.	Hiking: 4.8 km/ return trip Biking, skiing: 11 km/ return trip	1 ½h 1h	B B	Km 12.5 Km 10
  	Le Confluent – Explore a delta teeming with life and discover the rich diversity of land, wetland and aquatic habitats.	1.7 km / loop	35 min	B	Km 12.5
  	Les Loups – Breathtaking! See the most striking fractures of the Laurentides massif and the spectacular Jacques-Cartier and Sautauriski valleys. Featuring a 447-metre elevation. <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	11 km/ return trip	3 1/2h	A	Km 16
	La Matteucie – Link the Le Perdreau and Les Loups trails by making your way through lush undergrowth and fern.	4.8 km/ return trip	1 ½h	B	Km 16 or Km 18
	Le Perdreau – Starting with a steep climb, set off to discover the mysterious Buvard Lake and hike through splendid maple groves. <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	5.4 km/ loop	1 3/4h	I	Km 18
	Le Draveur Nord - Take in the full beauty of the Jacques-Cartier River and combine magnificent viewpoints of the valley and striking rock faces. Perhaps you will encounter a moose!	12.4 km/ one way only	4 1/4h	I	Km 18 or km 29
 	Le Scotora – Climb the Scotora and follow the historical Jesuits trail to reach the Park's western high plateau. Hike along a long brook invaded by beaver colonies and reach the summit of Mont Adante offering a spectacular view of the valley gorges. Featuring a 405-metre elevation. <i>Download the Park Path application or borrow an Ipod free of charge at the Discovery and Visitors Centre.</i>	16 km/ return trip	5 1/4h	A	Km 29
	La Croisée – Hike through deep gorges to reach the magnificent great crests of the Jacques-Cartier River.	12.3 km return trip	4 1/2h	I	Km 33

-  Hiking
-  Mountain Biking

-  Snowshoing
-  Backcountry Skiing
-  Self-interpretation

- B:** Beginner
- I:** Intermediate
- A:** Advanced
- E:** Expert

Times and levels of difficulty indicated are for information purposes only and apply to the summer season, except for La Rivière-Cachée and L'Incursion trails. Please note that in winter, travelling is slower (about 2 km an hour by snowshoe and for backcountry skiing, progress depending on snow conditions).

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

LET'S GO FISHING!



FISHING CONDITIONS

This year, the fishing season is open from **May 17 to September 8, 2013**. However, dates may vary depending on the body of water and whether the annual fish quota has been reached. The Québec fishing license **and** a daily authorization to fish are **mandatory** for all bodies of water in the Park. Both may be obtained at the Discovery and Visitors Centre or at Camp Mercier. You can reserve a watercraft through our website or by telephone, up to four months prior to your visit to the Park.

The catch and possession quota for brook trout is 10 fish per person per day. You must weigh and record your catch at the end of each fishing day. To do so, use the facilities provided at the Discovery and Visitors Centre (Km 10) or at the Park gatehouse. Your help is vital in ensuring proper resource management.

3 FISHING OPTIONS

Wade fishing or fishing in a watercraft (canoe or kayak)

The valley sector features more than 30 km of river along which to cast a line. The river flows smoothly in some locations and in other areas there are rapids. This is an interesting combination for fishing, because brook trout are known for liking the hard, stony bottom of rivers. **The rate is \$17.32 a day per adult.**

Lake fishing with watercraft provided

The Park's plateaus feature exceptional stretches of water renowned for the abundance of brook trout. The rate includes the authorization to fish and a rowboat. **\$57.18 for 1 person / \$74.50 for 2 persons / \$91.82 for 3 persons.**

Adventure Fishing above the Valley

Fly fishing ONLY. **NEW**

First, take the Scotora trail for a two-hour climb to Cook Lake. Once on site, a rowboat awaits you to explore the lake and experience unmatched, quality fishing. From June 22 to July 7 the rate includes the authorization to fish and the watercraft. **\$57.18 for 1 person / \$74.50 for 2 persons / \$91.82 for 3 persons**

FISHING LICENSE FEE SCHEDULE

Québec Residents	
3 Days	\$10.29
Season	\$18.02
Non-Québec Residents	
1 Day	\$11.47
3 Days	\$25.27

IS IT REALLY TROUT HANGING AT THE END OF MY LINE?

You may occasionally catch Parr or young salmon. Wet your hands, remove the hook carefully and return the fish quickly into water whether dead or alive. It is mandatory to return them into water, since salmon fishing is prohibited in the Park.



HOW TO TELL THEM APART:

Brook Trout

- No black spots on the cheeks
- Almost straight tail
- Dark spots on the dorsal fin and tail



Parr

- Black spots on the cheeks, sides and back
- Forked tail
- No dark spots on the dorsal fin and tail



Young Salmon

- Silver in colour
- Black spots on the cheeks
- Clearly forked tail




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THIS WINTER, ENJOY YOUR FAVOURITE ACTIVITIES IN AN ENCHANTING NATURAL SETTING

- ▶ Set off, warmly dressed, on a snow hike along the Valley Road from the Discovery and Visitors Centre to Pont-Banc (8 km). This trail runs along the Jacques-Cartier River, offering imposing views on the surrounding mountains and the delta of the Sautauriski River.
- ▶ The Park also features a network of snowshoeing trails covering 78.7 km overall. Levels of difficulty vary (from beginner to expert), allowing hikers of different abilities to explore the Valley sector at their own pace. You can rent snowshoes at the Discovery and Visitors Centre. To find out about the levels of difficulty and lengths of trails, go to page 12 of the Journal.
- ▶ The more daring sport enthusiasts will enjoy setting off for a full day's trek on our back-country ski trails. These trails are neither groomed nor packed, but they are marked. You will have the

unique opportunity to enjoy the sound of your skis gliding smoothly on a fresh blanket of snow in the wee hours of the morning!

- ▶ During your trek, take advantage of the Discovery and Visitors Centre now open during winter to warm up or enjoy some nice, warm soup. Once on the trails, you can stop at one of the four warming huts along the way to eat or warm up: La Tanière, on the Rivière-Cachée trail, the Sautauriski, the Les Loups, or the Pont-Banc warming huts.

- ▶ Imagine yourself cosying up next to a warm wood fire and sharing a good meal with family or friends. As a backdrop, the snowy valley is revealing breathtaking landscapes before your very eyes! Impressive moments like this await you at the Park. Cabins, yurts and rustic shelters are accessible in winter. See Page 7 for more information.



THE LOUP EXPRESS

Discover a sector of the valley rarely explored until now during winter. Saturdays, Sundays and during school breaks, a snow shuttle service is available between the Discovery and Visitors Centre (Km 10) and the Les Loups trail (Km 16). This is a terrific opportunity to gain access to a very popular trail at the Park. Seats in the snow shuttle are limited, so it is important to reserve this service in advance. Call 1-800-665-6527 or reserve directly at the Discovery and Visitors Centre at the national park.



For up-to-date daily **snow conditions**,
visit our Website at
www.parcsquebec.com



OFF-TRAIL SECTOR PILOT PROJECT

This winter, discover the Park in a whole new way! Combine your passion for Nature and gliding by exploring the Park's off-trail sector. Whether telemarking, alpine touring, snow surfing or snowshoeing, discover this skiable domain covering 100 hectares and ranging 300 metres high in altitude. Enjoy 100% natural glade skiing runs just 30 minutes away from Québec City. Caution is advised. The sector is marked but not patrolled, and it is not recommended to beginners. You can obtain information at the Discovery and Visitors Centre. Thank you for following the rules!



SLIDE

Young and old alike are invited to come and try this natural slide located at the heart of the valley. Fun and laughter for the entire family guaranteed! Meet at the Discovery and Visitors Centre to borrow an air tube free of charge, and enjoy!

DISCOVERY ACTIVITIES

Delights, Snowshoes and Mysteries

Strap on your snowshoes and set out to discover the mysteries of the hidden face of winter. Hibernating, becoming numb with the cold, hiding in a hole, flying south to warmer climates, or keeping active... All these ingenious strategies devised by living organisms to adapt to cold winters in Québec will be revealed during this activity.

Later, warm and comfy at the Discovery and Visitors Centre, enjoy a variety of delicious cheese and local products while sipping great wine! An evening filled with discovery awaits you!

Every Saturday, from January 4 to March 15, 6 pm to 9:30 pm. Cost: \$31/pers. plus taxes. This activity is also available to groups of 14 persons or more upon request. Reservation is mandatory at the Discovery and Visitors Centre or at **1 800 665-6527**.



WATCH OUT FOR DEER AND MOOSE YARDS

Winter is a critical season for members of the deer family. They live on reserves accumulated during the summer and must limit travelling about in order to survive. This is why they gather in a specific area in the forest called a deer (or moose) yard, where they can find food and shelter.

During your trek, you might come across trails used by these animals. It could be fatal for these animals if people travel these trails. The animals might be forced to leave their yards and fall victim to exhaustion, predation or road accidents. If you happen to cross the path of one of these animals, leave the trail slowly to allow it free passageway.

DISCOVER THE FONDS PARCS QUÉBEC COLLECTION AND DO YOUR PART FOR CONSERVATION!

One dollar will be donated to Fonds Parcs Québec for each item purchased.

Donations to Fonds Parcs Québec serve to support the conservation of Québec's national parks. Through the funding of research, knowledge acquisition, and species population monitoring and inventory, vital data are obtained to particularly safeguard plant and animal species.

The collection is available at the Boutique Nature shop.

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INTERACTIVE DISCOVERY ACTIVITIES

DAY	ACTIVITY	TYPE	TIME	MEETING POINT
SPRING: May 18 to June 16				
Saturdays, Sundays and Monday, May 20	① Follow the Current in a Rabaska Canoe \$* ② Beneath Giant Rocks \$ *	Rabaska Hiking	2:45 pm to 4 pm 2:45 pm to 4 pm	Pont-Banc Picnic Shelter, Km 18 Interpretation Site
Saturday May 18 and 25	③ Spring Flowers Galore *	Hiking	10 a.m. to 11:30 a.m.	Draveurs Sud Trail
Saturday May 18	⑥ Music to the Ears! *	Talk and Hiking	7 p.m. to 8:15 p.m.	Discovery and Visitors Centre
Saturday June 1 to 15	⑧ The Mysteries of the Night \$ *	Torchlit Hiking	9 p.m. to 11 p.m.	Discovery and Visitors Centre
Sunday May 19	⑦ Master Beaver is a Master Builder *	Talk and Hiking	6 p.m. to 7:15 p.m.	Amphitheatre, Km 10
SUMMER: June 21 to August 18				
Daily June 22 to August 30	① Follow the Current in a Rabaska Canoe \$* ② Beneath Giant Rocks \$ *	Rabaska Hiking	1 p.m. to 2:15 p.m. and/ or 2:45 p.m. to 4 p.m. 1 p.m. to 2:15 p.m. and/or 2:45 p.m. to 4 p.m.	Pont-Banc Picnic Shelter, Km 18 Interpretation Site
(Except for August 24)	④ River Detectives! *	Workshop	10 a.m. to 11:15 a.m.	Belleau Picnic Shelter, Km 10
Saturday	⑩ Getaway to Boréalie \$ *	Hiking and Rabaska	6 p.m. to 10 p.m.	Discovery and Visitors Centre
(Except for August 24)	⑪ Who's who? The Black Bear	Talk	8 p.m. to 9 p.m.	Amphitheatre, Km 10
Sunday	⑤ "We're not out of the woods yet" * ⑭ A Treasure	Rally Fireside Story	10 a.m. to 11:15 a.m. 7:30 p.m. to 8:45 p.m.	Discovery and Visitors Centre Belleau Picnic Shelter, Km 10
Monday	⑦ Master Beaver is a Master Builder* ⑧ The Mysteries of the Night \$ *	Talk and Hiking Torchlit Hiking	6 p.m. to 7:15 p.m. 9 p.m. to 11 p.m.	Amphitheatre, Km 10 Discovery and Visitors Centre
Tuesday	⑫ In the Skin of a Moose ⑩ Getaway to Boréalie \$ *	Talk Hiking and Rabaska	8 p.m. to 9 p.m. 6 p.m. to 10 p.m.	Amphitheatre, Km 10 Discovery and Visitors Centre
Wednesday	④ River Detectives! * ⑭ A Treasure ⑧ The Mysteries of the Night \$ *	Workshop Fireside Story Torchlit Hiking	10 a.m. to 11:15 a.m. 7:30 p.m. to 8:45 p.m. 9 p.m. to 11 p.m.	Belleau Picnic Shelter, Km 10 Belleau Picnic Shelter, Km 10 Discovery and Visitors Centre
Thursday	⑬ Through Mountains and Torrents (Except for August 22) ⑨ A Meeting with the Moon \$ *	Theatrical Talk Rabaska	8 p.m. to 9 p.m. 8 p.m. to 10 p.m.	Amphitheatre, Km 10 Pont-Banc Picnic Shelter, Km 18
Friday	⑦ Master Beaver is a Master Builder* ⑧ The Mysteries of the Night \$ *	Talk and Hiking Torchlit Hiking	6 p.m. to 7:15 p.m. 9 p.m. to 11 p.m.	Amphitheatre, Km 10 Discovery and Visitors Centre
FALL: August 31 to October 14 (Saturdays, Sundays and Holiday Mondays)				
Saturdays, August 31 and October 12	⑫ Who's who? The Black Bear	Talk	7:30 p.m. to 8:30 p.m.	Amphitheatre, Km 10
Sunday, September 1	⑦ Master Beaver is a Master Builder*	Talk and Hiking	5 p.m. to 6:15 p.m.	Amphitheatre, Km 10
August 31 to September 8	① Follow the Current in a Rabaska Canoe \$*	Rabaska	1 to 2:15 p.m. and/or 2:45 to 4 p.m.	Pont-Banc Picnic Shelter, Km 18
August 31 to October 14	② Beneath Giant Rocks \$ *	Hiking	1 to 2:15 p.m. and/or 2:45 to 4 p.m.	Interpretation Site
September 7 to October 14	⑮ Valley Secrets... ⑩ Getaway to Boréalie \$ *	Posted Activity Hiking and Rabaska	12 p.m. to 3 p.m. 2 p.m. to 8 p.m.	1st Observation Deck of Les Loups Trail Discovery and Visitors Centre
September 14 to October 14	⑯ How to Survive Winter	Posted Activity	12 p.m. to 3 p.m.	Discovery and Visitors Centre
SPECIAL ACTIVITIES				
Monday, June 3	⑰ Scientific Breakthroughs	Conference	1 p.m. to 4 p.m.	Amphitheatre, Km 10
Saturday, June 15	⑱ Ornithological Census	Hiking	7:30 a.m. to 12 p.m.	Discovery and Visitors Centre
Saturday, August 24	⑲ Mushroom Excursion	Hiking and Talk	9 a.m. to 3:30 p.m.	Discovery and Visitors Centre
WINTER: January 4 to March 15, 2014				
Saturdays	⑳ Delights, Snowshoes and Mysteries \$ *	Tasting and Torchlit Hiking	6 pm to 9:15 pm	Discovery and Visitors Centre

* Registration is mandatory at the Discovery and Visitors Centre or call 418-848-3169

These activities take place only in French. However, we can organize an activity in English for a group upon request. For more information, please go to the Discovery and Visitors Centre.



ON WATER

1 Follow the Current in a Rabaska Canoe

Enjoy a canoe ride at the heart of this spectacular valley where moose, beaver, salmon, trout and the great blue heron live side by side. Keep your eyes open! They may be watching you! Along the ride, discover the origins and human occupation of this highly-coveted majestic landscape. **Rates (plus taxes): \$7/adult, \$3.50/child**

ON FOOT

2 Beneath Giant Rocks

Set off to discover mysterious shelters hidden deep beneath rocks. Explore unusual passageways littered with huge boulders, lined with dark waterways and covered with multi-coloured moss! Where did these rocks come from? Why and when did they fall down? This frail, yet accessible lush setting will arouse your senses. Get ready to climb! **Rates (plus taxes): \$2.61/adult (Free as a combo with "Follow the Current in a Rabaska Canoe") Free/child**

3 Spring Flowers Galore **NEW**

Come springtime, a variety of floral species adorn the undergrowth of maple stands in the Park. Discover, admire and take pictures of them. A keen park warden will reveal all their little secrets. Enjoy a stroll in full colour! **Free**

FOR THE FAMILY

4 River Detectives!

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

5 "We're not out of the woods yet" Rally

Have fun with your family discovering the best-kept secrets of the forest. How do forest inhabitants live side by side? In the company of a naturalist park warden, collect figurines and recreate interactions among forest wildlife. On your mark, get set, go! **Free**

WILDLIFE DISCOVERY

6 Music to the Ears!

What are the small creatures that get together for a chorus come springtime? Where do they hide? Why do they sing? Experience a musical delight by listening to the sounds of Nature and discover the fascinating world of animals in love! **Free**

7 Master Beaver is a Master Builder

Discover the multiple talents of Master Beaver and his building feats! Who knows, a beaver might make an appearance! Bring along your binoculars! **Free**

8 The Mysteries of the Night

If you are fascinated by the night, experience evening hiking and learn how living creatures adapt amazingly to darkness. Who roams at night? Who sleeps? Who hunts, where and how? By candlelight, let the stillness of a sleeping forest envelop you... **Rates (plus taxes): \$10/adult, \$5/child**

9 A Meeting with the Moon

Experience dusk at the heart of the majestic Jacques-Cartier Valley in a Rabaska canoe. Allow yourself a moment of silence, relaxation and discovery. The nightlife of the Park is full of surprises with the courtship signals of fireflies, the furtive flight of bats on the hunt, trout leaping for insects and more. **Rates (plus taxes): \$12/adult, \$8.50/child**

10 Getaway to Borélie

Aboard the shuttle, discover the Park's backcountry. Privileged, quiet experiences await you during an outing in this vast wilderness. Stop along the way to explore the habitats of large wildlife species. At dusk, glide along a mirrored lake in a Rabaska canoe and uncover the nightlife of Park wildlife. Loons, moose, beaver and trout will come together, much to your delight. Change of scenery guaranteed! **Summer rates (plus taxes): \$29.99/adult, \$19.99/child. Fall rates (plus taxes): \$34.99/adult, \$21.99/child**

TALKS

11 Who's who? The Black Bear

Through myths and legends, the black bear arouses both fascination and fear. Should we be afraid of the black bear? Learn all about the biology of the black bear and the golden rules to follow, so that humans and bears can coexist in the same environment in harmony and safely. **Free**

12 In the Skin of a Moose

It is born in spring... In the fall, it bellows... But what does it do the rest of the year? And if you suddenly found yourself in the skin of a moose, would you know how to make the best decisions to survive? Enter the life of the largest mammal at the Park, our proud symbol! **Free**

THEATER TALKS

13 Through Mountains and Torrents **NEW**

The bygone days of logging.... Discover the rich historical heritage of the Park... Imagine yourself in the 40s.... Drivers, lumberjacks and other memorable characters get together to relate the odyssey of a great park. This story is for young people to hear and for older generations to recollect. **Free**

14 A Treasure **NEW**

In 1994, gold nuggets were found at the source of the Jacques-Cartier River. Where did they come from? To find out, go back in time when backcountry woodsmen made up poetic tales inspired by the beauties of Nature. Hiding in the bush, an alchemist-caribou was getting ready to... There is a place for you in front of the fire; bring a cup and a chair! *In case of rain, this activity is held at the amphitheater.* **Free**

MEETINGS WITH A PARK WARDEN

(posted activities)

15 Valley Secrets...

What secrets lie beneath this impressive landscape of mountains and deep valleys? Discover the origins of the Park and one of its most striking vantage points. **Subject to change depending on weather.* **Free**

16 How to Survive Winter

What do the Park's wildlife and plant life species do to adapt to cold winters in Québec? Join a park warden at the first observation deck on Les Loups trail to find out. **Subject to change depending on weather.* **Free**

SPECIAL ACTIVITIES

17 Scientific Breakthroughs

Learn all about the latest discoveries made by biologists conducting research projects at the Park. **Free**

18 Ornithological Census

In partnership with the *Club des ornithologues de Québec* (COQ), both amateur and experienced ornithologists are invited to enhance knowledge of birds at the Park. To your binoculars! **Free**

19 Mushroom Excursion

In partnership with the *Cercle des mycologues amateurs de Québec*, come and explore the undergrowth of our trails in search of the world of fungi. In the afternoon, expert mycologists will talk about your discoveries of the day. **Free**

WINTER

20 Delights, Snowshoes and Mysteries

See the description of the activity on page 15.



MORE DISCOVERIES

SELF-GUIDED TRAILS

Follow one of our discovery paths to learn about the history and nature of the Park. **Obtain information on our self-guided trails using the Park Path Explorer application.**

L'Aperçu ▶ Enjoy a hike with the family on the path leading to the Belleau Brook and take in the impressive surroundings. In the brochure available at the Discovery and Visitors Centre, read about the course, plants, wildlife and history of the brook.

L'Éperon ▶ Discover the L'Épaule Mountain, hike along its meandering river and take in the breathtaking views of the valley. For several centuries, the valleys served as access ways for explorers to reach the plateau. Unravel the rich history of the Park witnessed by the mountain featured on audio and visual discovery panels.

Le Confluent ▶ Created by the junction of the Jacques-Cartier and Sautauriski rivers, this delta teeming with life features a rich diversity of land, wetland and aquatic habitats. Discover these exceptional surroundings where a variety of plants and wildlife thrive together. See the discovery panels to unravel the secrets of the delta.

The Betula Rally ▶ Young explorers! Betula, Queen of the deciduous forest invites you to travel back in time to discover the riches of her home. Ask for the brochure at the Discovery and Visitors Centre.

Geocachers ▶ Geocaching enthusiasts are sure to enjoy exploring some of the trails now accessible at the Park. For more information, visit Geocaching.com or the website of the volunteers responsible for the caches of this game: www.lesmarcheurs.com

NEW

FOLLOW THE GUIDE!

Take advantage of the services of an adventure tourism guide and set out to discover the Park. Tour the backcountry, ride down the Jacques-Cartier River, take part in a wildlife inventory, listen to a campfire story or join a guided hike. Tell us what you want to do and we will guide you on your trek.

Are you part of a group (day camp, scouts, social club or other)? Throughout the year, the Park offers activities adapted to your type of group.

Reserve at the Discovery and Visitors Centre or call **418 848 3169**.

NATURE SCHOOL

Teachers! Parc national de la Jacques-Cartier offers a wide range of water and land discovery activities. Some activities are specially designed for future explorers: Apprentice Park Wardens... Tracking Moose, Beneath Giant Rocks, Gliding in a Rabaska Canoe, *Les parcs nationaux québécois: des territoires protégés*. **Reserve early!**

For information: 418-848-3599, extension 234



DO YOU HAVE YOUR DISCOVERY PASS?

Join naturalist park wardens for four discovery activities. Participate in all of them to earn a surprise, enter the Park's seasonal draw and get a chance at winning neat prizes. **Don't forget to have your Discovery Pass stamped. The activities are meant for children under 12!**



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ALLOW YOURSELF TO BE GUIDED BY NATURE



Parc national de la Jacques-Cartier © Luc Rousseau

The outfitters, members of Aventure Écotourisme Québec, in collaboration with the Sépaq, offer you several stays and guided activities specially conceived to have you discover exceptional natural spaces.

AEQ groups together more than one hundred producers in adventure tourism and in ecotourism that join forces to offer you high-quality products.

Consult the Association's website for planning your guided activities in Sépaq's national parks.



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