



# PARC NATIONAL DES MONTS-VALIN

## HIGHLIGHTS

### NATURE CABINS

This lodging concept is well thought out, offering all the conveniences and comfort you're looking for. The cabins are made of wood and are fully equipped. Four people can sleep in the two rooms.



### EXP. CABINS

Designed for two people, each EXP. cabin consists of one room and has two single beds and comes fully equipped. The nature fill the interior and giving visitors the impression of always being somewhat outdoors.



### ANTOINE-DUBUC LODGE

This magnificent log cabin set at the foot of Vallée des Fantômes and overlooking Baie d'Alexis (Lac aux Canots), was built in the mid-20th century by a well-known Chicoutimi resident, Mr. Antoine Dubuc.



# WELCOME

QUÉBEC  
NATIONAL PARKS DAY

SEPTEMBER 9,  
2017

## EXPLORE NATURE AT ITS FINEST

Québec national parks provide a unique opportunity to enjoy nature at its finest.

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

### FREE ADMISSION FOR CHILDREN 17 YEARS AND UNDER

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

Rates valid until December 31, 2017, taxes included. See complete fee schedule at [sepaq.com/parkscard](http://sepaq.com/parkscard)

## ANNUAL PARCS QUÉBEC NETWORK CARD

Unlimited access to all of Québec's national parks for 12 months and an array of exclusive benefits:

- ONE FREE NIGHT OF CAMPING on a weekday, in any Sépaq destination (value of free night is for a semi-serviced site)
- ONE DAY PASS for a friend
- CROSS-COUNTRY SKIING 15% off a day ticket
- BOUTIQUES 15% off regular-priced items\* in all Sépaq boutiques
- PARC NATIONAL DU MONT-MÉGANTIC 15% off admission to the ASTROLab
- AQUARIUM DU QUÉBEC 15% off daily admission
- PARC NATIONAL DE MIGUASHA Free admission to exhibits

Certain conditions apply.  
\*Excluding convenience store products and ski products.

Details at [sepaq.com/parkscard](http://sepaq.com/parkscard)

## CONTEST DESTINATION PARCS NUNAVIK

Between April 1 and September 1, 2017, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park of Nunavik.

### A \$10,000 VALUE!

Experience the journey of a lifetime. A choice among

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

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

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



# SUMMER MUST-DOS

From atop its 984 metres, Parc national des Monts-Valin dominates the landscape of the Saguenay-Lac-Saint-Jean region. Speckled trout fishing and canoeing are favourite activities in a many of the park's lakes and rivers. As an alternative to canoeing, stand-up paddling is an original way to explore the twists and turns of Rivière Valin. In the fall, hiking is in the spotlight. Enjoy a day on the trails or some backpacking with hut accommodations. With exceptional snow cover, winter turns this territory into an ideal spot for snowshoeing and backcountry skiing.

## HIKING THE PEAKS

This scenic trail was created to provide access to the peaks that dominate the park's magnificent scenery. With a vertical drop of 755 meters and a total length of 22 kilometres (one way), Les Pics trail crosses the entire park. If you want to hike for a few days, you can book shelter.



## NINE BLUEBERRIES TO MAKE A PIE?

If you run across a park warden, ask about the impacts of altitude on fauna and flora. Did you know that there are ten or so blueberry species on the mountaintops? Gourmet delights...

August 12 to the first snowfall at Pic-de-la-Hutte.



## DAY FISHING

Cast your line for the day and try your luck with speckled trout! The lakes designated for day fishing are Lac Antoine, Lac Culotte and Lac Martin-Valin. Several boats are available for these lakes. Accommodations packages are also offered from June 10 to July 12.



## STAND UP PADDLE

Explore the twists and turns of Rivière Valin on a stand up paddle board. Originally designed for calm waters, this board is bigger and more stable than the traditional surf board. It's fast and easy to learn, and guaranteed fun!



# SUMMER OUTDOOR ACTIVITIES

## FISHING

Cast your line for the day and tease speckled trout between June 9 and September 10, 2017.

### DAY FISHING PACKAGE

- boat **\$64.40** /1 person
- fishing authorization **\$79.80** /2 people
- \$98.20** /3 people

### FISHING WITH CABIN PACKAGE

- cabin accommodations **\$99.75** /person /day (2-person cabin)
- fishing authorization **\$91.00** /person /day (4-person cabin)
- boat

### FISHING WITH CAMPING PACKAGE

- campsite **\$74.00** /day/1 person
- boat **\$91.00** /day/2 people
- fishing authorization **\$109.00** /day/3 people

### DAY FISHING WITHOUT A BOAT

- fishing authorization **\$18.40** /day/person

*Québec fishing licence mandatory (available at the Discovery and Visitors Centre)*

## EQUIPMENT RENTAL

EQUIPEMENT	PER HOUR	4 HOURS	PER DAY
Canoe	\$16.75	\$33.75	\$48.00
Stand up paddle board	\$17.00	\$29.50	\$42.00
Recreational solo Kayak	\$15.25	\$30.50	\$44.00
Recreational tandem Kayak	\$18.50	\$37.00	\$52.50
Mess kits			\$6.75
Sleeping bag			\$12.75
Life jacket			\$6.75
Telescopic poles			\$12.75
HWet suit			\$12.75
Water safety kit / first aid kit			\$6.75
Row boat for the day			\$43.00



## SUMMER DISCOVERY ACTIVITIES

### NINE BLUEBERRIES TO MAKE A PIE?

If you run across a park warden, ask about the effects of altitude on fauna and flora. All the gourmets of this world will be happy to learn that there are about ten varieties of blueberries on the mountaintops...

**Schedule:** Saturday: 11:30 a.m. – 4:30 p.m.

Sunday: 11:30 a.m. – 4:30 p.m.

From August 12 to the first snowfall.

**Duration:** variable

**Location:** on the Pic-de-la-Hutte trail on Pic-de-la-Tête-de-Chien trail (Ask at reception before you leave)

**Rate:** free

### DISCOVER RIVIÈRE VALIN

Paddle along Rivière Valin and discover the wealth of plants and animals that live there. At the foot of the imposing massif, explore the many twists and turns of the river and enjoy a unique view of Mont Valin. Get more out of your experience with our free guide book, available at the Discovery and Visitors Centre.

**Schedule:** daily from June to October (When the water level is high enough)

**Duration:** variable

**Location:** on Rivière Valin (departure behind the Discovery and Visitors Centre)

**Rate:** free (canoe for rent)



# HIKING TRAILS AND ACCOMMODATIONS—SUMMER

## TABLE OF HIKING TRAILS

DEPARTURE (altitude in metres)	DESTINATION	LENGTH	DURATION (hour)	ROUND TRIP	LOOP	DIFFICULTY	ALTITUDE (METRES)
<b>Discovery and Visitors Centre</b> (230 m)	Le Mirador	3	1	X		F	290
	Lac-des-Pères	3	1	X		F	330
	Le Pic-de-la-Tête-de-Chien	8	2.5	X		D	576
	Le Pic-du-Grand-Corbeau	12	4	X		D	823
<b>Pic-de-la-Hutte parking lot</b> (840 m)	Le Pic-de-la-Hutte	3	1	X		F	902
	Les Sommets	5	1.5		X	I	902
	Le Pic-Dubuc	12	4	X		I	984
<b>Baie d'Alexis</b> (660 m)	Le Pic-Dubuc	7	2	X		I	984
	Le Pic-de-la-Hutte	19	6	X		D	902
<b>Lac Martin-Valin</b> (680 m)	Le Pic-Dubuc	14	5	X		D	984
	Le Pic-de-la-Hutte	29	7	X		D	902

F - Easy I - Moderate D - Difficult \*Other routes are possible. Those suggested are the shortest.

## TABLE OF BACKPACKING TRAILS

	LAC MARTIN-VALIN	ANTOINE-DUBUC LODGE	LE FANTÔME	LE PIONNIER	VISITORS CENTRE
Lac Martin-Valin	-	7.5	6	13	22
Antoine-Dubuc Lodge	7.5	-	2.5	10.5	18.5
Le Fantôme Hut	6	2.5	-	8	16
Le Pionnier Hut	13	10.5	8	-	8
Visitors Centre	22	18.5	16	8	-



Car shuttle service available upon request.

Baggage transport starting at \$26.



## ACCOMMODATIONS—SUMMER

### CLASSIC CABINS

For 4 persons

**Piedmont 0.5-1 km\***

- La Chaumière
- Le Panoramique
- Le Point de vue

**Lac Martin-Valin 15 km\***

- Le Boréal
- La Muse
- La Sauvagine

Starting at  
**\$153** /night

### NATURE CABINS

For 4 persons

**Baie d'Alexis 10 km\***

- Alfred-Dubuc
- Jean-Dubuc
- Louis-Dubuc

Starting at  
**\$153** /night

### EXP. CABINS

For 2 persons

**Baie d'Alexis 10 km\***

- Marie-Dubuc
- Rachel-Dubuc
- Thérèse-Dubuc, Claire-Dubuc and Violette-Dubuc

Starting at  
**\$139** /night

### RUSTIC SHELTER

For 2 to 4 persons

**Piedmont 0.5-1 km\***

- L'Attisée

Starting at  
**\$99** /night

### HUT

For 8 persons

**Pic-de-la-Hutte 8 km\***

- Le Pionnier

**Baie d'Alexis 10 km\***

- Le Pavillon Antoine-Dubuc

**Refuge Le Fantôme 14 km\***

- Le Fantôme

Starting at  
**\$29** /night

Starting at  
**\$42.50** /night

### PRIMITIVE CAMPING

For 6 persons

**Piedmont 0.5-1 km\***

- L'Eau-Vive
- 10 sites available (group)

**Lac Martin-Valin 15 km\***

- Le Septentrional
- 4 sites available

Starting at  
**\$22.50** /night

Starting at  
**\$8** /adult



Linens available for rent for \$18/stay.

Notes: Rates are subject to change without notice. Taxes are not included in the prices.

Park entry fee extras.

Reservation: [www.sepaq.com](http://www.sepaq.com) ou 1.800.655.6527

# CONSERVATION



## CONSERVATION ISSUE FOR THE PARK

Since the summer of 2001, the Canadian lynx (*Lynx canadensis*) has been animal emblem of Parc national des Monts-Valin. The Canadian lynx is one of three representatives of the cat family in Québec. Several aspects of its ecology are still poorly understood, despite the fact that some studies have been conducted. The number of studies dealing specifically with this species is relatively low in comparison to the many that have been done on other fur-bearing species. No specific studies have been conducted on this species in the Mont Valin sector. In Québec, the Canadian lynx has long been sought after by trappers. The populations are also vulnerable because of the high market value of their pelts and how easy they are to trap. In recent years, several people have made donations to Fonds Parcs Québec for the Canadian lynx, and we are proud to announce our first project for becoming more familiar with the park's animal emblem and better at protecting it.

At the beginning of summer, the team of park wardens will put olfactory lures in place. They are made of valerian, better known as catnip. The Canadian lynx will be attracted by this irresistible smell and will rub up against small rough plates, leaving behind a little of their fur in the process. An analysis of their fur will provide more information about the presence of Canadian lynx in the park and some aspects of their lives.

If you would like to find out more about conservation initiatives and issues in the national parks of Québec, visit [parcsquebec.com/blogue](http://parcsquebec.com/blogue). For information on how to participate in the conservation of our national parks, visit [fondsparcsquebec.com](http://fondsparcsquebec.com).

# Hungry for Nature!




  
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<https://www.facebook.com/chalets.st.fulgence>



AUBERGE

## TOURELLE DU FJORD



**Not to be missed!**

- Restaurant-Bar and lodging at 15 minutes from parc national des Monts-Valin
- Scenic view of the Fjord du Saguenay
- Happy hour on the terrace
- Open 4-seasons

[www.aubergelatourelledufjord.com](http://www.aubergelatourelledufjord.com)

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Photo: Boran Richard



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## Gîte de l'Artisan

\*\*\*\* B&B



**View on the Saguenay Fjord Near Cap Jaseux and Monts-Valin parks**

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**418 674-1344 • [www.gitedelartisan.ca](http://www.gitedelartisan.ca)**



# TABLE OF TRAILS – WINTER

## HIKING TRAILS

DEPARTURE (altitude in metres)	DESTINATION	LENGTH	DURATION (hours)	ROUND TRIP	DIFFICULTY	ALTITUDE (metres)
<b>Centre de découverte et de services</b> (230 m)	Le Mirador	3	1,5	X	Easy	290
	Le Mirador	7,5	3	Loop	Moderat	
	Le Lac des Pères	3	1,5	Loop	Easy	330
	Piedmont warming hut	6	3	One way	Moderate	290
	Le Pic de la Tête-de-Chien	8	4	X	Difficult	576
	Le Pic du Grand-Corbeau	12	6	X	Difficult	823
	Le Pic de la Hutte	16	8	X	Difficult	902
	Baie d'Alexis	15	8	One way	Difficult	660
<b>Baie d'Alexis</b> (660 m)	Le Pic Dubuc (Phantom Valley) 🐻	7	4	X	Moderate	984
	Le Yéti	8	4	X	Moderate	750
	Le Pic de la Hutte	19	8	X	Difficult	902
	Lac Martin-Valin via the Plateau	7,5	4	One way	Moderate	680
	Lac Martin-Valin via the lakes	6	3	One way	Moderate	680

\*Other routes are possible. Those suggested are the shortest.

## BACKCOUNTRY

The network of backcountry skiing trails is over 71 km, and the snowshoeing network extends over 77 kilometres. These trails are marked but not groomed. Most of them can be used for both backcountry skiing and snowshoeing. Backcountry skiing enthusiasts should prepare their routes based on availability of huts and rustic shelters in the mountain. Book early! Several documents are available to backcountry skiers on our Web site, including a list of suggested equipment. To get the most out of your trek into this rugged terrain, excellent preparation is required. Baggage transportation service, Snowcat transportation and resupply services are available to enhance your experience.

### BACKCOUNTRY DISTANCE TABLE (kilometres)

Le Boréal and La Sauvagine Hut	19.5	15.5	11.5	15	7	7.5	-
Antoine-Dubuc Lodge	15	12	7	10.5	2.5	-	7.5
Le Fantôme Hut	12.5	8.5	4.5	8	-	2.5	7
L'Hibernal Hut	6	6.5	5.5	-	8	10.5	15
Le Pionnier Hut	8	4	-	5.5	4.5	7	11.5
L'Ulysse Hut	5.5	-	4	6.5	8.5	12	15.5
Discovery and Visitors Centre	-	5.5	8	6	12.5	15	19.5
	DISCOVERY AND VISITORS CENTRE	ULYSSE HUT	LE PIONNIER HUT	L'HIBERNAL HUT	LE FANTÔME HUT	ANTOINE-DUBUC LODGE	LE BORÉAL AND LA SAUVAGINE HUTS



## EQUIPMENT RENTAL

EQUIPMENT	/DAY
Mountain snowshoes	\$17.50
Telescopic poles	\$12.75
Mess kit	\$6.75
Climbing skins	\$12.75
Cleata	\$6.75
Ground mattress	\$12.75
Winter sleeping bag	\$18.25
Ski Hok (with poles)	\$19.75

# ACCOMMODATIONS – WINTER



EXP. CABINS



EXP. CABINS



NATURE CABIN

## A STAY TAILORED TO YOUR NATURE

### CLASSIC CABINS

For 4 persons

**Piedmont** 0.5 km\*

- La Chaumière
- Le Panoramique
- Le Point de vue

Starting at  
**\$149** /night

### NATURE CABINS

For 4 persons

**Vallée des Fantômes and  
baie d'Alexis** 10 km\*

- Alfred-Dubuc
- Jean-Dubuc
- Louis-Dubuc

Starting at  
**\$149** /night

### EXP. CABINS

For 2 persons

**Vallée des Fantômes and  
Baie d'Alexis** 10 km\*

- Marie-Dubuc
- Rachel-Dubuc
- Thérèse-Dubuc, Claire-Dubuc  
and Violette-Dubuc

Starting at  
**\$125** /night

### RUSTIC SHELTER

For 2 to 4 persons

**Piedmont** 1 km\*

- L'Attisée

Starting at  
**\$89** /night

### HUT

For 4 to 8 persons

**Piedmont**

- L'Hibernal

**Pic-de-la-Hutte**

- L'Ulysse
- Le Pionnier

**Vallée des Fantômes and  
baie d'Alexis**

- Le Pavillon Antoine-Dubuc
- Le Fantôme

**Lac Martin-Valin**

- Le Boréal (4 pers.)
- La Sauvagine (4 pers.)

Starting at  
**\$29.50** /night

Starting at  
**\$43.50** /night  
(PAD)

### RUSTIC CAMPING

For 6 persons

**Piedmont** 1 km\*

- L'Eau-Vive
- 10 sites available

Starting at  
**\$22.50** /night

*Linens are available for rent for \$18/stay.*

*Notes: Prices may change without notice.*

*Taxes are not included in the prices. Park entry fee extra*

*\* Distance from Discovery and Visitors Centre*

**Reservations: [www.sepaq.com](http://www.sepaq.com) or 1.800.655.6527**

## BAIE D'ALEXIS PACKAGE



Free baggage transport with shuttles at 3 p.m. on the day of arrival and 11:30 a.m. on the day

## SHUTTLE FROM BAIE D'ALEXIS – LAND OF THE MUMMIES:

On some days, visitors staying in the Baie d'Alexis sector can take a shuttle to Land of the Mummies–Pic de la Hutte (departure at 9:30 a.m. – one way only). From there, several options are available to hikers. See routes and distances on page 13.

# WINTER DISCOVERY ACTIVITIES

## PHANTOM RALLY

Along the trail leading to Vallée des Fantômes, answer the rally questions and discover the secrets of winter at Mont Valin. On the agenda: mummies, krummholz and other strange creatures. Our park warden-naturalists will take great pleasure in introducing them to you!

**Guided activity:** daily, from 10 a.m to 4 p.m.

**Self-guided activity:** available every day

**Location:** in vallée des Fantômes (Phantom Valley)

**Duration:** variable

**Rate:** this activity is free, except for shuttle service.



  
This activity  
is free  
except for shuttle  
service

## YEAR-ROUND ACTIVITIES

### AT THE NORTH FRONTIER

Visit the Discovery and Visitors Centre and see the permanent exhibit called At the North Frontier, presenting the main characteristics of the natural region protected and enhanced by the park. The model of the mountain, the herbarium and the multimedia presentations will urge you to take to the trails and discover the park and its riches for yourself. The permanent exhibition is available during the Discovery and Visitors Centre opening hours.

**Schedule:** daily

**Duration:** variable, but usually 30 minutes

**Location:** departure from the Discovery and Visitors Centre.

**Rate:** free



# FAMILY FUN IS HERE!

Here are a few extras we have in place for you to simplify your life and to help you save money:

### For your children 17 years of age and under

#### FREE ACCESS

to national parks

#### ACTIVITIES

varied and rewarding

#### EQUIPMENT LOAN\*

for the Outdoors

#### ACCESSORIES\*

on loan for young children

\*Limited quantities available



Look out for this marker which identifies the ideal family experiences.

Discover our top family destinations at [sepaq.com/family](http://sepaq.com/family)

## OUR TOP PICKS

### AT PARC NATIONAL DES MONTS-VALIN

Take a look at our not-to-be-missed offers: popular activities, trails to discover with your family, and cosy spots for a stay.

Free for children 17 and under in a family situation:

- Equipment loan: snow shoes, Hok skis, cleats, baby backpack.
- Loan of accessories for young children in the cabins: booster seat, playpen, tray, plastic dishes, safety gate and toilet seat.
- Shuttle to Vallée des Fantômes and Contrée des Momies.

# SHUTTLE SERVICE



It's easy to get to Land of the Mummies, Pic de la Hutte and your mountain accommodations by taking *Le Fantôme-Express* shuttle. It departs daily from the Discovery and Visitors Centre based on a fixed schedule. Two 13-seat Snowcats are available for winter transportation. You can get a schedule at the Visitors Centre and on our Web site. The trip takes an average of 45 minutes.

## RATES

	Round trip	One way
Adult	\$58.50	\$41.00
Children (0 to 17) with family	\$49.75	\$34.75
Children 6 to 17 with group	Free	Free
Enfant de 6 à 17 ans avec groupe	\$44.00	\$30.75

This winter, discover a new place: Land of the Mummies! Exploring the Pic-de-la-Hutte sector is well worth the effort and will satisfy those who have already visited Vallée des Fantômes, along with seasoned trekkers in search of challenges!

Peaks with breathtaking views invaded by strange creatures. There are four hiking routes to choose from. The area has five warming huts where you can take a break from the cold.

## POSSIBLE HIKE WITH THE SHUTTLE

DEPARTURE (altitude in metres)	DESTINATION	NAME	LENGTH (kilometre)	DURATION (hour)	ROUND-TRIP	DIFFICULTY	ARRIVAL ALTITUDE (metres)
Baie d'Alexis (660 m)	Vallée des Fantômes	(departure at 8:30 a.m. and return at 2 p.m. or 10:30 a.m. and return at 4 p.m.)					
	Pic Dubuc	Vallée des Fantômes	6.5	3.5	X	Moderate	984
Pic-de-la-Hutte / lac des Pionniers parking lot (850 m)	Land of the Mummies (departure at 9:30 a.m. and return at 4 p.m.)						
	Baie d'Alexis *	The Crossing	7.5	4	One way	Moderate	660
	Baie d'Alexis (via Pic-Dubuc)		9.5	5	One way	Moderate	660
	Baie d'Alexis (via Pic-de-la Hutte)		10.5	5	One way	Difficult	660
	Baie d'Alexis (via Pic-de-la-Hutte and Pic-Dubuc)		12.5	4.5	One way	Difficult	660
	Visitors Centre (via the Ulysse hut)	Taking it Easy	11	5	One way	Moderate	230
	Visitors Centre (via Tête-de-Chien)	Highland Routes	9	4,5	One way	Moderate	230
	Visitors Centre (via Couloir-de-l'Est and the Piedmont trail) network	Descent of the Brave	10.5	5	One way	Moderate	230

## LAND OF THE MUMMIES : 4 HIKING ROUTES TO CHOOSE FROM

### THE CROSSING (SNOWSHOEING AND BACKCOUNTRY SKIING)

Kill two birds with one stone on this hike, which takes you to both the Pic-de-la-Hutte and Vallée des Fantômes sectors. From Lac des Pionniers to Vallée des Fantômes via the trail that links the Pionniers hut to Vallée des Fantômes. Return to the Visitors Centre on a tracked vehicle.

### TAKING IT EASY (SNOWSHOEING AND BACKCOUNTRY SKIING)

A beautiful and gentle hike in the forest! From Lac des Pionniers to the Visitors Centre along the Ulysse hut trail.

### LE PARCOURS DES HAUTEURS (RAQUETTE)

A descent with breathtaking views for snowshoers, featuring magnificent panoramas from the peaks all along the way! From Lac des Pionniers to the Visitors Centre via De-la-Hutte, Grand-Corbeau and Tête-de-chien peaks.

### DESCENT OF THE BRAVE (SNOWSHOEING, BACKCOUNTRY SKIING, AND ALPINE TOURING)

The Couloir-de-l'Est trail is a favourite among telemark and alpine touring buffs. Discover it for yourself! From Lac des Pionniers to the Visitors Centre along the Couloir de l'Est trail and the Piedmont trail network sentier du Piedmont.



# ACHILLE

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## 33<sup>st</sup> Edition!

### OF THIS WINTER CLASSIC

## tour du mont Valin

ON SKIS OR SNOWSHOES

On Saturday, March 17, 2018, Mont Valin will become the kingdom of cross country skiers for a day. This popular timed race for cross country skiers and snowshoers offers free style and classic circuits that range in distance from 7 to 45 km. The longest make the full tour of the mountain. The course has five refreshment posts.

FOR MORE INFORMATION, VISIT [WWW.TOURMONTVALIN.COM](http://WWW.TOURMONTVALIN.COM).

**PARC NATIONAL DES MONTS-VALIN IS PROUD TO HOST THIS MAJOR EVENT, WHICH MARKS THE ARRIVAL OF SPRING!**

# PLAY <sup>IT</sup> SAFE



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

Sépaq's mission is to ensure the widest possible access to Québec's most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY** and risk management is an integral part of your experience.

Before leaving for an excursion, **MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED** to practice your chosen activity **AND RESPECT YOUR PHYSICAL LIMITS**. Your outing should leave you with nothing but pleasant memories. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them. We also invite you to consult our safety guides for Sépaq activities on our website at [sepaq.com/security](http://sepaq.com/security).

## CHECKLIST

### BEFORE YOU LEAVE HOME

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home.






### ONCE YOU ARE ON SITE

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

### WHEN YOU GET BACK

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

## REMINDERS

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

### PILOT PROJECT AUTHORIZING DOGS

A pilot project is in place, authorizing the presence of dogs in FRONTENAC (Saint-Daniel sector), JACQUES-CARTIER and OKA national parks, and will continue into its second year. Please read the applicable rules and authorized places at [sepaq.com/animals](http://sepaq.com/animals).

## IN CASE OF EMERGENCY: 911

SÛRETÉ DU QUÉBEC: 310-4141 (general number) / 4141 (for cellphones)

\*Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

## Parc national des Monts-Valin

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# WINTER MUST-DOS

## PHANTOM RALLY

Here's the perfect adventure for making peace with winter and snow! Step into the heart of Vallée des Fantômes along a moderate-level 3-km trail with an elevation of 320 metres, leading to Pic Dubuc summit. This is where the Piedmont and Monts-Valin foothills, as well as the Saguenay lowlands, extend as far as the eye can see. Le Fantôme Express shuttle makes it easy to get to Vallée des Fantômes, Contrée des Momies (Pic-de-la-Hutte sector), and our mountain accommodations.

## SKI HOK

The Hok Ski is a versatile cross between snowshoes and cross country skis. They are mainly used for off-trail excursions. Very easy to handle and therefore ideal for beginners, Hok Skis are great for children and adults alike. Because you can slide along the snow, you cover ground faster than with snowshoes. Experience this new snow toy, apparently inspired by an ancestral practice in the Altai Mountains!



## BAIE D'ALEXIS ACCOMMODATIONS

To fully appreciate your Northern experience, you can stay in Baie d'Alexis at the foot of Vallée des Fantômes, where you'll find six cabins and a comfortable 8-person hut.



## LAND OF THE MUMMIES/ PIC DE LA HUTTE

Despite its reputation for great autumn hiking, not many people know about the winter pleasures of Pic de la Hutte. A warming hut was built near the original Hutte site in 2010. It gives excursionists a place to warm up and admire the regional scenery. The shuttle service schedule was revised and improved, now offering two destinations: in addition to the legendary peacefulness of Vallée des Fantômes, you can also visit Land of the Mummies, the ultimate destination for encounters with these strange creatures. Ask about suggested itineraries for a memorable day on the mountain trails!

## COMFORTABLE CABINS

Imagine yourself near a wood fire sharing a meal with family or friends... In the background, the magnificent scenery of Mont Valin. Stay in one of our fully equipped cottages accessible by vehicle.

