

Journal



Parc national du
MONT-ORFORD

English version 2012-2013



Here's to your health!

The beneficial effects of nature on young people's personal development are undisputable. The 23 national parks in the Parcs Québec network are public areas, ideal for discovering nature and participating in outdoor activities. This year, Québec *National Parks Day* highlights how important enjoying nature is to our overall well-being by crafting its message around the health theme. Of course, we hope to see other iterations of this day year-round.

School program offering takes on even greater importance

Statistics indicating that young people have become increasingly sedentary and out of touch with nature have prompted concerns among the staff of our national parks. These concerns have, over the past few years, spurred our parks teams to develop an activity offering specifically intended for this group. Our parks' offering has evolved from virtually no discovery programs in 1999 to an impressive and varied line-up of 480 activities today. In 2011-2012, 377,417 or so visitors to the Parcs Québec network participated in one of the many diverse activities offered: theatrical vignettes, treasure hunts, hiking (on foot, by bike, on the water, etc.), series of talks... all told, a range of activities that brings together visitors of all ages who are curious to learn a little more about their natural and historic heritage.

Increasingly more appropriate activities for schools

Helping young people get in touch with nature also ties in with a major succession issue in our national parks. Parcs Québec works very closely with schools to ensure that they benefit from the great outdoors, often near urban centres. As they learn to better appreciate these exceptional natural environments, young people also become more aware of the challenges involved in maintaining the necessary balance between conservation and accessibility – the two components of our national parks' mission.

Our most effective advocates

Young people are our best spokespersons. Following a visit to Parc national du Bic, here's how one sixth-grader put into words the astonishment she felt during her encounter with nature: "I hope I can go back to admire all these wonders again, but on the next visit, I would take my time and bring my family... to this Park of Wonders!"

In light of our objective – to encourage youth to get in touch with nature – we will continue to develop activities and programs designed to reach out to them. We welcome you to our national parks, on behalf of all those who work there and look forward to greeting you upon your arrival!

Discover the region's other parks



Martin Soucy
Martin Soucy
Vice-president of Operations
Parcs Québec

Raymond Desjardins
Raymond Desjardins
President and CEO
Sépaq

Message from the Minister



The government attaches prime importance to the development of Québec's natural and historic heritage, as demonstrated by the extensive work done in our national parks over the past few years. This includes the major project underway at Parc national du Lac-Témiscouata. Its completion will take the government closer to the target it has set for itself – raising protected-area coverage in Québec to 12% of the territory by 2015 – and Quebecers will enjoy access to infrastructure and services that meet international standards.

Enhancement work in the Franceville sector of Parc national du Mont-Mégantic, coupled with the renovation or construction work on Discovery and Visitors Centres at three other national parks – Frontenac, Jacques-Cartier and Mont-Saint-Bruno – will also mark the completion of a whole series of essential projects intended to improve accessibility to these protected areas. Additional work will shortly begin in other national parks, including Mont-Tremblant, Yamaska and Grands-Jardins.

Parcs Québec's mandate extends beyond enhancement of our national parks, to encompass biodiversity protection and preservation. Our on-site teams possess expertise that enables them to develop strategies for research and acquisition of knowledge that are recognized in scientific communities. Another innovation was introduced five years ago when the national parks implemented their Ecological Integrity Monitoring Program – a Canadian first.

Through its partnership role, Sépaq ensures that our national parks contribute to regional economic development. The parks work with their partners, taking local realities into consideration while ensuring that development is centered on particular features and attractions specific to their territory. Each park is unique – it's now up to you to come out and discover them.

Welcome to your national parks!

Pierre Arcand

Pierre Arcand
Minister of Sustainable Development,
Environment and Parks

A Word from the Director

It is with a great deal of enthusiasm and pride that our team welcomes you to this storied natural setting located in the heart of the magnificent tourist region of the Eastern Townships.

The parc national du Mont-Orford is one of the most sought after visitor destinations in all of Quebec. With your help and support and everyone's respect for the regulations in place, the work of the park staff can be greatly facilitated and in this way your cooperation can directly help preserve and conserve this natural territory in which many species of flora and wildlife thrive. We thank you.

The park team of warden-naturalists is a closely knit family who are devoted to their conservation and public education mission and would like to share it with you. Whether you are with us for an outdoor activity or nature discovery, you will live memorable moments in the heart of our park.

I hope that your visit or stay with us is filled with pleasure and most especially interesting discoveries.

Brigitte Marchand

Brigitte Marchand, director
Parc national du Mont-Orford

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Lac-Stukely beach





A Valley Lined by the Appalachian Mountains

Conservation is Everyone's Business!



White-tailed Deer

The Mission of Parcs Québec

With a view to achieving harmonious development at the cultural, social, economic and regional levels, Parcs Québec is responsible for the conservation and development of territories that are representative of Québec's 43 natural regions and exceptional sites, due notably to their biological diversity, while ensuring that they are accessible for educational and outdoor use.

All of Québec's national parks were created in accordance with World Conservation Union standards. A national park is a relatively vast area:

- that represents one or more ecosystems that are moderately or not at all transformed by exploitation;
- where animal and plant species, geomorphological sites and habitats are of particular interest from a scientific, educational or recreational viewpoint, and that offers scenery of great beauty;
- in which the highest competent authority of the country has taken measures to eliminate exploitation and to instill respect for the ecological, geomorphological or aesthetic aspects on the whole;
- where a visit is authorized, under certain conditions, for educational, cultural or recreational purposes.



Cherry Pond

The Parc national du Mont-Orford is the proud representative of the natural region of the Sutton Mountains, which are an extension of the Green Mountains of Vermont.

The broad rounded crests, interspersed with wide valleys and overlooked by the imposing massifs that are so characteristic of the park, form a part of the Appalachian mountain chain. The highest summit in the park is that of mount Orford, which rises to a height of 853 m in altitude. It is closely followed by mount Alfred-DesRochers which rises to 775 m. The third slope, mount Chauve, reaches 600 m.

A happy mixture of water courses, forests, valleys and mountains, the park's territory offers a variety of ecosystems in which evolve about 211 animal species and 230 plant species, all adapted to their environment. Among these are 31 species considered to be at risk and 4 exceptional forest ecosystems.

The maple grove is the heart of the park's forests. It covers nearly 75% of its area. With the arrival of fall, the beautiful red foliage of the sugar maples always wins the hearts of visitors and local inhabitants alike.

Geese Galore!

The phenomenon is now better known, Canada Geese are increasingly moving into our regions. The park, lakes and ponds offer some of their preferred spots. In fact, to be on the lookout for eventual predators, this bird is essentially looking for open spaces (with grass) along a shoreline or bank to food feed itself and benefit from the open space.

To come up with the right solution to some of the more disagreeable aspects of their presence (large quantities of droppings on the beaches and the picnic areas) the park has adopted diverse strategies over the last three years most notably to come up with a way to dissuade the geese from feeding and nesting near planned and used spaces.

In 2011, in cooperation with the lake environment association - the Association pour la protection de l'environnement du lac Stukely - and the Jouvence resort centre, a series of corrective measures were carried out. Here are some examples of the actions which have been implemented since the spring of 2011: installation of a fence on the beach at lac Stukely, less frequent mowing of the grass, scaring off and rigorous monitoring of the geese nesting sites. It appears that this work is bearing fruit because the number of geese has gone down significantly in the areas where human activities take place. The same scenario will be maintained in 2012.

Did you know that...

- The male goose eats up to 1.8 kg (4 lb) of grass per day and produces up to 0.9 kg (2 lb) of fecal material daily.
- When geese nest in a particular area they have the tendency to return year after year, as do their young.

Help us by not feeding the birds!

A NEW WRINKLE!



The Parcs Québec blog on parks conservation has just been launched. To get on board:

<http://www.sepaq.com/parcs-quebec/blogue>

Finding a balance between welcoming thousands of visitors each year and protecting the territory makes conservation a daily challenge for the Parc national du Mont-Orford team. We have found that enforcing the rules is the best way to reach this goal. Therefore, when you follow the rules, you are playing a role in the park's conservation.

Respecting the Environment

Preserving natural areas is a group effort. As such, we ask that visitors to the park refrain from the following:

-  bringing animals, except for guide dogs at work or in training (proof required);
-  killing, catching, injuring, disturbing, harassing, feeding or taming the wild animals;
-  cutting trees or any part of them and picking up dead wood;
-  damaging or digging up shrubs or herbal plants, whether completely or partially;
-  disposing of garbage elsewhere than in the receptacles provided for this purpose or burning garbage in the campfire.

Other regulations also apply. You can consult the regulations governing parks, - Règlement sur les parcs - as well the list of activities and services that are authorized on the park billboards.

Rendez-vous with a Park Warden



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 www.sepaq.com.

You can make a difference!

Here are the actions you can contribute when you visit the park, little gestures that will help make a difference in fulfilling the territory conservation mission:

- Respect the "trail-closed" periods (spring thaw, restoration work, etc.).
- Use your vehicle only when necessary and cut your motor off when you stop.
- Dispose of your own trash, recyclable materials and empty propane tanks at the appropriate places.

- Do not dispose of batteries and dangerous products in bins and containers set aside for recycling.
- Use rechargeable batteries in your pocket lights and other outdoor camping equipment.
- Avoid carrying firewood from one region to another.
- Minimise the use of wood for campfires to help reduce atmospheric emissions (a significant source of pollution).
- Protect water courses – don't use any soaps or detergents when near them.

Description: Discovery Activities



Children's Activities

Apprenti garde-parc (children aged 6 to 12)

Become a park warden for a short time. Can you keep watch over the park?

Castor bricoleur

Pretend that you are a beaver as you build a dam and lodge. Learn all about this architect of the pond... a truly amazing animal.

Bêtes de scène

To your greatest delight, the puppets are the stars of the show. Short plays and curtain calls will make you laugh and think!

Posted Activities

Parlons ratons!

Would you have questions to ask or like to tell a story or even learn more about this omnipresent animal in the campground area? Don't hesitate to come and meet the park warden.

L'étang Fer-de-Lance

From the lookout overlooking this pond, a park warden will point out all of the plants and wildlife that make this area their home. Don't forget your binoculars!

Hikes

Parcours creuse-ciboulot

Head down a many-detour path in a forest that raises some surprising questions. Self guided activity lasting approximately 45 minutes.

Forêt y hêtre

Follow the guide under a forest canopy of maple and beech trees to discover what is hiding there.

Safari de nuit (\$)

A mysterious night time hike that will awaken all of your senses. Be prepared for a mystery stroll...

* **Registration required.** Cost: \$5.27/adult, \$2.64/children aged 6 to 17 (Not recommended for children 5 and under). Taxes not included.

Castor et compagnie

Step into the king of the pond's intriguing world on this short hike. Perhaps he will even make an appearance...

L'étang aux Cerises en canot (\$)

Paddle in the heart of the Aux Cerises pond valley. A park warden will lift the veil on the mysteries that this marsh possesses. Equipment provided.

* **Registration required.** Cost: \$8.78/adult, \$4.39/children aged 6 to 17 (Not recommended for children 5 and under). Taxes not included.

Excursion en rabaska au lac Stukely (\$)

A park warden invites you to climb aboard a Rabaska canoe (15 places) on a discovery tour of lac Stukely, with family and friends. All equipment is supplied.

* **Registration required.** Rates: \$8.78 /adult, \$4.39/children aged 6 to 17 (Not recommended for children 5 and under). Taxes not included.

Aux p'tits oiseaux

A park ranger welcomes you to a walk and talk outing while observing the ornithological life in the camping sector. Bring your binoculars.

Vous avez dit "chevreuil" ?

In the space of some 90 minutes you can live out the four seasons of this majestic animal.

Presentations

Symphonie de l'étang

Dive into the fascinating world of frogs and enjoy their spring chorus. Illustrated presentation.

De l'œuf à la tortue

Turtles in the park? Of course! This illustrated presentation will teach you all about turtles and their egg-laying season in the park.

D'une époque à l'autre

Discover the history of this rich area. An illustrated presentation... like an open book.

Fou d'ailes

Do birds fascinate you? What do you really know about these winged creatures? Take part in this illustrated presentation and fall prey to their charms.

Chauve qui peut... les chauves-souris!

Did you know that the park harbours several species of bats? Get to know these fascinating creatures better and learn to appreciate them.

Sur les traces de la famille Camper!

Presented with a sense of humour, the habits of a family who, after 25 years, comes back to camp in the park. A family with some very deeprooted habits!

Qui croira verra! (stories told around a campfire)

Settle in by the light of the campfire in the middle of the forest to listen to stories of the past, far from prying eyes...

Chouette soirée d'Orford

Owls and birds of prey that are active at night and incredibly well adapted! We'll be talking about them around the campfire. Be there!

\$ ACTIVITIES WHICH REQUIRE REGISTRATION:

Registration and payment will be at the services centre (Lac-Stukely sector: 819 843-9855) and at the welcome centre (Lac-Fraser sector: 819 843-0908).

Schedules: Discovery Activities

See descriptions on page 4.
Note: Activities in French only

Spring – Lac-Stukely Sector (May 19 to June 16)

DATES	Time	Activities	Meeting Area
Saturdays, May 19, 26 and June 2, 9, 16	11 a.m. to 1 p.m.	L'étang Fer-de-Lance	Fer-de-Lance lookout
Saturdays, May 19, 26 and June 2	7 p.m. to 8 p.m.	Symphonie de l'étang	Community meeting hall
Saturdays, May 19, 26 and June 2, 9, 16	2:30 p.m. to 4:30 p.m.	Excursion en rabaska au lac Stukely	Boat rentals Lac-Stukely beach
Saturdays, June 9, 16	8:30 p.m. to 9:30 p.m.	De l'œuf à la tortue	Stukely Amphitheatre

Summer – Lac-Stukely Sector (June 23 to August 18)

DATES	Time	Activities	Meeting Area
Monday	10 a.m. to 11 a.m. 4:30 p.m. to 6:30 p.m. 8:30 p.m. to 9:30 p.m.	Castor bricoleur L'étang aux Cerises en canot (\$) Chauve qui peut... les chauves-souris!	Lac-Stukely beach Visitors Centre Amphitheatre
Tuesday	10 a.m. to 11:15 a.m. 4:30 p.m. to 6:30 p.m. 6:30 p.m. to 7:30 p.m. 8:30 p.m. to 9:30 p.m.	Forêt y hêtre Excursion en rabaska au lac Stukely (\$) Parlons ratons! Chouette soirée d'Orford	Head of the Fer-de-Lance trail Boat rentals Community meeting hall Community meeting hall
Wednesday	10:30 a.m. to 11:30 a.m. 4:30 p.m. to 6:30 p.m. 8:30 p.m. to 9:30 p.m.	Parcours creuse-ciboulot Excursion en rabaska au lac Stukely (\$) D'une époque à l'autre	Head of the Fer-de-Lance trail Boat rentals Amphitheatre
Thursday	10 a.m. to 11:15 a.m. 4:30 p.m. to 6:30 p.m. 8:30 p.m. to 10:15 p.m.	Apprenti garde-parc Vous avez dit "chevreuil" ? Safari de nuit (\$)	Amphitheatre Head of the Fer-de-Lance trail Community meeting hall
Friday	12 p.m. to 12:45 p.m. 8:30 p.m. to 9:30 p.m.	Bêtes de scène Fou d'ailes	Lac-Stukely beach Amphitheatre
Saturday	9:30 a.m. to 10:30 a.m. 12 p.m. to 12:45 p.m. 4:30 p.m. to 6:30 p.m. 4:30 p.m. to 6 p.m. 8:30 p.m. to 9:30 p.m.	Parlons ratons! Bêtes de scène Excursion en rabaska au lac Stukely (\$) Castor et compagnie Qui croira verra	Community meeting hall Lac-Stukely beach Boat rentals Visitors Centre Community meeting hall
Sunday	9 a.m. to 10 a.m. 4:30 p.m. to 6:30 p.m. 8:30 p.m. to 9:30 p.m.	Aux p'tits oiseaux Excursion en rabaska au lac Stukely (\$) Sur les traces de la famille Camper!	Community meeting hall Boat rentals Amphitheatre

Summer – Lac-Fraser Sector (June 23 to August 18)

DATES	Time	Activities	Meeting Area
Monday	8:30 p.m. to 10:15 p.m.	Safari de nuit (\$)	Abri cuisine « A »
Tuesday	8:30 p.m. to 9:30 p.m.	Chauve qui peut... les chauves-souris!	Amphitheatre
Wednesday	4:30 p.m. to 5:30 p.m. 8:30 p.m. to 9:30 p.m.	Castor et compagnie Qui croira verra!	La Hutte pond La Hutte pond
Thursday	6 p.m. to 7 p.m. 8:30 p.m. to 9:30 p.m.	Parlons ratons! Chouette soirée d'Orford	Abri cuisine « A » La Hutte pond
Saturday	8:30 p.m. to 9:30 p.m.	Sur les traces de la famille Camper!	Amphitheatre
Sunday	10:30 a.m. to 11:30 a.m. 1 p.m. to 1:45 p.m.	Parcours creuse-ciboulot Bêtes de scène	Abri cuisine « A » Lac-Fraser beach

Note • Children must be accompanied by an adult for all activities.



Activity: Sur les traces de la famille Camper!

Québec National Parks Day

Sunday, June 10, 2012
Keep an eye out for our special programming.

Rendez-vous with a Park Warden

From June 23 to August 18. Attend short presentations on topics that are as interesting as they are varied!

Lac-Stukely Beach:
Daily, in the afternoon.

Lac-Fraser Beach:
Tuesdays, Wednesdays, Fridays, Saturdays and Sundays in the afternoon.

IN CASE OF RAIN

The public talks in the Lac-Stukely sector and the get-togethers with a park warden will take place at the community hall. The public talks in the Lac-Fraser sector will be canceled.

Schedules: Discovery Activities (continued) See descriptions on page 4

Parlons ratons!

The researchers from the Université de Sherbrooke are continuing their studies on the raccoon populations in the park. As their work progresses, the behaviour and habits of the park's raccoon populations continue to be better understood by the team.

Some interesting observations:

- The average size of the population in the Lac-Stukely sector is 47 individuals, which is a stable rate going back to the initial studies which began in 2009.
- Two-thirds of this population in 2011 were females.
- According to genetic studies, some of the litters of young raccoons indicate two different fathers.
- A second population of raccoons is being tracked at Mont Bellevue in Sherbrooke since 2011. The two populations, affected in different ways by human activity, can therefore be compared.

For their health and your peace and quiet, it is important that you neither feed any wild animals in the park nor leave any food items whatsoever within reach of them.

You can discuss this subject with any naturalist guide by taking part in the activity called "Parlons ratons"! (let's talk raccoons) on Tuesdays and Saturdays in the Lac-Stukely sector and on Thursday in the Lac-Fraser sector. *See details on pages 5 and 6.*



Rabaska on Lac-Stukely

NEW THIS YEAR!
Rabaska canoe excursions on Lac-Stukely.

Details on pages 4, 5 and 6

End of Summer – Lac-Stukely Sector (August 19 to September 3)

DATES	Time	Activities	Meeting Area
Sunday August 19	9:30 a.m. to 10:30 a.m. 11:30 a.m. to 1:30 p.m. 1 p.m. to 3 p.m. 4 p.m. to 6 p.m.	Parlons ratons! L'étang Fer-de-Lance Rendez-vous with a Park Warden *Excursion en rabaska au lac Stukely (\$)	Community meeting hall Fer-de-Lance lookout Lac-Stukely beach Boat rentals
Saturday August 25	11 a.m. to 1 p.m. 3 p.m. to 5 p.m. 8 p.m. to 9 p.m.	L'étang Fer-de-Lance *Excursion en rabaska au lac Stukely (\$) Fou d'ailes	Fer-de-Lance lookout Boat rentals Amphitheatre
Sunday August 26	9:30 a.m. to 10:30 a.m. 11:30 a.m. to 1:30 p.m.	Parlons ratons! L'étang Fer-de-Lance	Community meeting hall Fer-de-Lance lookout
Saturday September 1	9:30 a.m. to 10:30 a.m. 11:30 a.m. to 1:30 p.m. 3 p.m. to 5 p.m. 8 p.m. to 9 p.m.	Parlons ratons! L'étang Fer-de-Lance *Excursion en rabaska au lac Stukely (\$) De l'œuf à la tortue	Community meeting hall Fer-de-Lance lookout Boat rentals Amphitheatre
Sunday September 2	11 a.m. to 1 p.m. 3 p.m. to 5 p.m. 8 p.m. to 9 p.m.	L'étang Fer-de-Lance *Excursion en rabaska au lac Stukely (\$) Fou d'ailes	Fer-de-Lance lookout Boat rentals Amphitheatre
Monday September 3	10 a.m. to 12 a.m. 1:30 p.m. to 3:30 p.m.	L'étang Fer-de-Lance Rendez-vous with a Park Warden	Fer-de-Lance lookout Visitors Centre

Fall – Lac-Stukely Sector (September 8 to October 8)

DATES	Time	Activities	Meeting Area
Saturdays Sept. 8, 15, 22, 29 and Oct. 6	10 a.m. to 12 a.m. 1:30 p.m. to 3:30 p.m. 2 p.m. to 4 p.m.	L'étang Fer-de-Lance Rendez-vous with a Park Warden *Excursion en rabaska au lac Stukely (\$)	Fer-de-Lance lookout Visitors Centre Boat rentals
Sundays Sept. 9, 16, 23, 30 and Oct. 7	10 a.m. to 12 a.m. 1:30 a.m. to 3:30 p.m.	L'étang Fer-de-Lance Rendez-vous with a Park Warden	Fer-de-Lance lookout Visitors Centre
Monday Oct. 8	10 a.m. to 12 a.m. 1:30 p.m. to 3:30 p.m.	L'étang Fer-de-Lance Rendez-vous with a Park Warden	Fer-de-Lance lookout Visitors Centre

*In case of rain, the activities will take place in the community hall (in the morning) or at the services centre (in the afternoon). *The excursions in a rabaska canoe are offered depending on weather conditions.*

Behind the scenes

State of alert concerning flying mammals!

In 2006, a fungus was discovered among bat populations in the United States. Known as White-Nose Syndrome, it forms a layer of foam on the muzzles, ears and wings of bats. This fungus, which can have disastrous effects on bat populations, has been confirmed in Quebec since 2009-2010. In January the Committee on the Status of Endangered Wildlife in Canada (COSEWIC), designated three species of bats as being endangered. They are the Tricolored Bat, the Big Brown Bat and the Little Brown Bat, all three of which are present in the park. To help provide more information dedicated to better protect these species, monitoring by the general population could begin soon.

To find out more on these animals, we invite you to attend a discovery activity entitled: "Chauve qui peut... les chauves-souris!", which will be offered in both sectors.

The Peregrine Falcon

For a fourth consecutive year, the summer of 2011 was fruitful for the Peregrine Falcon couple who nested on the rocky cliff of the pic aux Corbeaux. A baby falcon (eyeass) soon after saw the light of day. As is past years, to limit any disturbances to the nesting birds, the site was closed to hikers and climbers for several weeks. It is important to remember that the Peregrine Falcon is considered to be an endangered species in Quebec.

To find out more about the research activities in the park, please click on the tab **CONSERVER ET PROTÉGER** on the park's website: www.parcisquebec.com.



Inventory work

Give and nature will return the favour!

In order to **conserve** and **protect** our national parks, it is first important to know them well. This requires the investment of both time and resources. Sépaq has created a special fund, the Parcs Québec Fund, dedicated to supporting priority conservation projects in each national parks.

To donate:

- Visit www.fondsparcsquebec.com
- Purchase an article identified as belonging to the Parcs Québec collection
- Participate in the **Adopt an animal** program
- Leave your donation in the Parcs Québec Fund box found in all our national parks
- Make a contribution when reserving online at www.sepaq.com

Mont Chauve is positively “loopy”!

Mont Chauve is considered by many to be the second jewel in the parc national du Mont-Orford crown. It displays a particular characteristic in that its summit is round and its western face totally and steeply sloped. For the hiker, its year-long open trail represents an opportunity for major discoveries, for winter reveals what summer hides and vice versa.

But what will never be the same again is the route of the trail. From now on the new loop takes on numerous crests, offering several new view-points while still permitting some drier walking conditions. Upgrading the trails makes complete sense and brings on numerous benefits. The higher it is the nicer it is and the drier it gets.

Over the course of two seasons, the new trail was moved and upgraded manually over 8 km, chock full of curious situations. This included stairs and bridges made of stone, support walls, elevated passages and a host of structures which required considerable effort to render attractive and safe. Over and above these objectives, the durability, the use of materials taken from the site in question and its integration into the environment was a constant challenge. To illustrate the tasks at hand, the treated wooden foot bridges from the former trail, amounting to a length of some 600 m, were removed before they were definitely closed.

And now we have crossed the finish line and it is with great pride that we are ready to welcome you among the 15,000 hikers which, year after year, trek along our trail.

Mont-Chauve Trail



Mont-Cathédrale

Chronicles from the park enlarging program

The Sépaq has had the mandate since 2009 from the Ministère du Développement durable, de l'Environnement et des Parcs (ministry of sustainable development, the environment and parks) to oversee the parcels of land which are part of the future enlargement plans for the parc national du Mont-Orford. In addition to protecting the territory against all actions which could compromise the conservation of the ecosystems which are found there, we are taking advantage of this surveillance mandate to better understand the richness of the various natural elements which are found here. What follows are two fine examples of interesting discoveries during the 2011 season:

From the nest to the flight take-off

We have had our eye on them since spring: two magnificent Peregrine Falcons flying high in search of prey around Mont-Cathédrale! Given that this bird is considered to be in the “threatened species” category in Quebec, we are deeply committed to monitoring the comings and goings of this couple. A weekly tracking protocol has therefore been put in place. Our vigilance and attention has already been rewarded because we were able to confirm the nesting of the couple and assist at the end of the month of July, at the sudden appearance of a baby falcon. Bravo to the parents!

Underneath the pebbles

Another vulnerable species was discovered on the lands planned for park extension. This time they didn't come out of the sky, but in the clear waters of the streams. This time it was our pleasure to note the presence of the Spring Salamander. This amphibian, in a flamboyant salmon colour, can reach a length of 23 cm and live for some ten years or so. The Spring salamander lives in mountain streams with rocky bottoms and feeds itself with tiny aquatic organisms (insects, worms, crustaceans, other salamanders, etc.). Absent from the rest of Canada, this salamander is only observed in Quebec in the Appalachians and some of the Monteregian Hills. We have a rare and precious presence among us!

These two species are wonderful examples of the rich ecological potential of these lands which will soon be integrated into the overall territory of the parc national du Mont-Orford!!



Discovery panel

Read the discovery panels found along the trails to learn about the park's wildlife and various natural phenomena.



Hiking

TRAILS	Distance (duration)	Level of difficulty
Étang-Fer-de-Lance trail A pleasant hike through a maple grove that leads you to a lookout with breathtaking views.	2.5 km (1 hr)	Easy
Pékan trail (formerly Z) Accessible in summer from the Visitors Centre through the Vieux-Camp Hut. A short climb on the Des Pins Hill giving access to a magnificent view of the Aux Cerises Pond and Mont-Orford Massif.	1.1 km (30 min)	Easy
Trois-Étangs loop (trail 2) Partly borrowing the bike path, this trail meanders along three of the park's ponds: Martin, Du Milieu and De l'Ours.	5.5 km (2 hrs)	Easy
Des Crêtes trail Conquer ridges and climb peaks! - Community meeting hall – Pic de l'Ours - Pic de l'Ours – Mount Orford (Grande Coulée trail)	4.9 km (3 hrs) 4.1 km (2 hrs 30)	Difficult
Mont-Chauve trail This trail will lead you up the bare peak of Mount Chauve (bald mountain), nearly 600 meters high. - Lac-Stukely beach – Carrefour du Ruisseau-Perdu - Mont-Chauve loop	1.9 km (30 min) 6.5 km (3 hrs 15)	Intermediate
Ruisseau-David trail A gentle ascent towards the summit of Mont Chauve. - L'érablière municipal park – Summit of Mont Chauve - Nénuphars Road – Summit of Mont Chauve	4.2 km (1 hr 30) 4.6 km (1 hr 45)	Intermediate
Ruisseau-des-Chênes trail Follow this trail along the Des Chênes stream. A magnificent walk through the beeches that will lead you to Mont Orford. - Route 112 – L'Entremont - L'Entremont – Mont Orford (4 km trail)	3.7 km (2 hrs) 1.4 km (1 hr)	Intermediate

With the exception of loop trails, the distances and times given are only for the outward journey. Times do not take rest stops into account. Please note that many multi-purpose trails used for cross-country skiing are also usable for hiking. For more details, please consult the general park map on pages 10 and 11.



Bicycles

BICYCLE PATH	Level of difficulty
La Montagnarde (La Véloroute des Cantons – Route verte) An over 10.4 km bikeway that passes by the Visitors Centre and crosses the park from east (Canton d'Orford) to west (Eastman).	Difficult
Multi-Purpose Trails See the general park map on pages 10 and 11 for the entire cycling network.	Varied difficulty
Service in the area: Taxi-Vélo (bike taxi), to pick up bicycles and bags. Call 1 877 766-VÉLO (8356).	



Des Crêtes Trail

Sentiers de l'Estrie

Les Sentiers de l'Estrie crisscross the park, borrowing the Mont-Chauve and Des Crêtes trails. You can reach these trails from the Lac-Stukely sector or by taking Route 220 at the height of Chemin de la Sucrierie (Ruisseau-David trail) or Route 112 heading toward Eastman, taking exit 115 on Highway 10 (Ruisseau-des-Chênes trail). Pay your entry fee at the self registration posts set up at these locations.

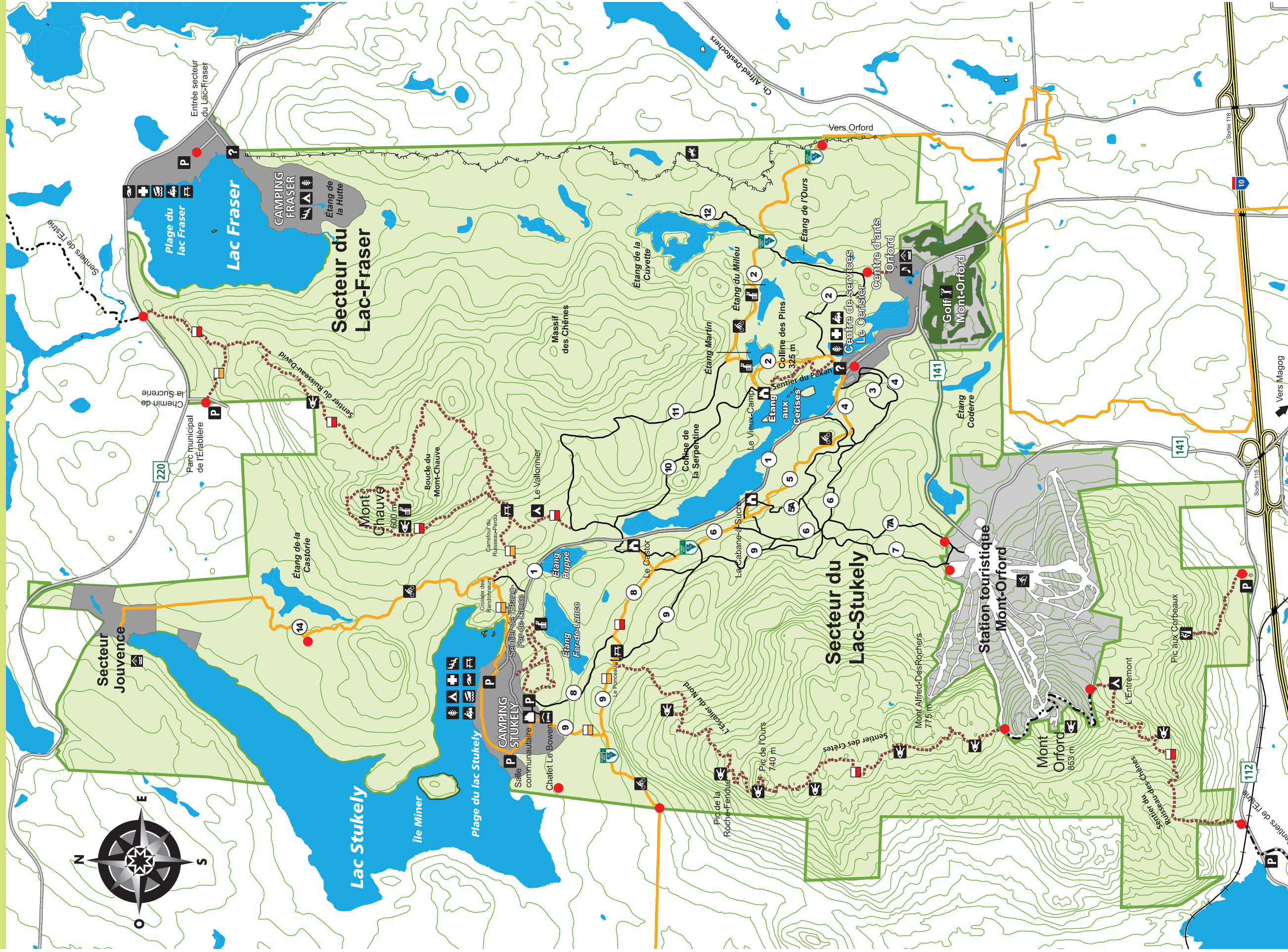
Snowshoe trails closed

Did you know that the trails used exclusively for snowshoeing in the winter are closed for hiking the rest of the year to preserve the natural environment? The surface for walking was not planned and built to support a large number of hikers. Moreover, they cross over some very fragile habitats that the snow cover protects during the colder months (wetlands, streams, fragile plants, etc.). For these reasons, we ask you to respect the periods when these trails are open and closed.

Map of the Park

General map

Get yourself the **general map!** This is a detailed topographical map (summer/winter) which is loaded with useful information to help you plan your visits to the park.



Key

- Visitor Centre / Information Kiosk
- Picnic area
- Amphitheatre
- Building
- Warming hut/hut
- Serviced campground
- Primitive campground
- Climbing
- Interpretation
- Craft rental
- Boatlaunch
- Bike path
- Beach
- Lookout
- Panoramic view
- First aid
- Horseback-riding
- Parking
- Cabin
- Road
- Multi-purpose trails (bicycle, cross country skiing and hiking)
- Hiking trails
- Secondary trails (cross country skiing and hiking)
- Horseback-riding trail (member of Estrie à cheval only)
- Trail number
- La Route verte
- Sentiers de l'Estrie principal trail marker
- Sentiers de l'Estrie access marker
- Self-registration post

Services and Useful Information



Lac-Stukely beach

Services

- Lac-Stukely sector convenience store.
 - Mid-May to the beginning of September : Community meeting hall.
 - September to mid-October : Weekdays at the Visitors Center and weekends at the community meeting hall.
- Lac-Fraser sector convenience store.
 - Mid-June to beginning of September : Pavillon des baigneurs.
- Swimming and picnicking (Stukely and Fraser beaches)
- Bike-camping

REMINDER...

Don't forget that national park campsites can be reserved up to four months in advance. Plan ahead, reserve between January 15 and April 30.

Reservations: 1 800 665-6527
www.parcisquebec.com

Entry fees valid from April 1, 2012 to March 31, 2013 (taxes included)
 Contribution to the conservation and enhancement of the parks

CATEGORIES	Daily Rates	Annual Park Card	Annual Network Card
Individuals Rates			
- Adult (18 or over)	\$6.00	\$30.00	\$54.00
- Child (6 to 17)	\$2.75	\$13.75	\$24.75
- Child (0 to 5)	Free	Free	Free
Family Rates			
- 1 adult with children 6 to 17	\$8.75 \$	\$43.75	\$78.75
- 2 adults with children 6 to 17	\$12.00	\$60.00	\$108.00
Organized Group Rates (15 people or more)			
- Adult (18 or over)	\$5.25/pers.	N/A	N/A
- Child (6 to 17) Outside of a school context (ex.: scouts, day camp, etc.)	\$2.25/pers.	N/A	N/A
Organized Youth Group Rate			
- School or student groups (aged 6 to 17) and adult attendants	Free	N/A	N/A

Annual Park or Network card is valid for 12 months. The prices, terms and services mentioned in this journal are subject to change without notice. The card must be shown at each visit in order for the user to have access to the Park, either at the Park Gatehouse or Information Kiosk, depending on the case. If the holder cannot show their card, a non-refundable access authorization fee has to be paid.

Accommodation Rates (access fees and taxes not included) * High season: Every Friday, Saturday and statutory holiday as well as from June 22 to September 8.

ACCOMMODATION TYPES	Rate/night
Serviced Camping	
- 3 services: water, electricity (50 amps) and sewer	\$42.50
- 3 services: water, electricity (30 amps) and sewer	\$40.75
- 2 services: water and electricity	\$36.50
- 1 service: electricity	\$34.00
- Semi-serviced (water and sanitary facilities nearby)	\$27.75
- Camping Plus (lakeside campsites)	Add \$1.50 to the rate
Primitive Camping (Le Vallonnier and L'Entremont)	Le Vallonnier (firewood included): \$27.50 L'Entremont: \$21.50
- Platform – hiking trail (1 tent/4 people)	
Hut (La Cabane-à-Sucre, Le Vieux-Camp and Le Castor)	
- Adult (summer)	\$19.50
- Adult (winter)	\$20.25
- Children (6 to 17)	75% of the adult rate
- Children (5 and under)	Free
- Youth groups (schools, Scouts, etc.)	Adult rate (Possible discount up to 50%, Sunday through Thursday for groups of 15 or more under reservation)
Ready-to-Camp	
- Tent trailer: Low season	\$86.00
High season	\$101.00
- Huttopia Tent: Low season	\$97.00
High season	\$113.00
	<i>Bedding rental: \$16.00/pers.</i>
Cabin	
- Le Bowen	\$170.00 (during the week, May 11 to June 21 and Sept. 7 to Oct. 8) \$196.00 (weekend and high season) Luggage transport (winter) : \$12.00/bag. Maximum: 20 kg

Beach Parking Fees (taxes not included)
 (Effective June 16 to September 3)

VEHICLE	Daily	Season
Car/boat	\$8.70	\$52.19
Motorcycle	\$5.22	\$31.31
RV or trailer	\$8.70	\$52.19
Minibus	\$17.40	N/A
Bus	\$34.79	N/A

Note: Visitors pay parking fees during the season in which the beach is monitored. The parking pass is valid for one summer season. This pass is accepted at all parks that charge parking fees. The season dates vary from one park to another. The Parc national du Mont-Orford reserves the right to modify or close off access to different parking lots without prior notice depending on the season and busy periods.

Craft Rental (taxes not included) Note : As of the beginning of September, the service will be available at the Visitors Center during the week and at the Lac-Stukely beach on weekends.

WATERCRAFT TYPES	1 hour	4 hours	1 day
Rowboat	\$12.25	\$24.50	\$35.00
Canoe	\$14.75	\$29.25	\$41.75
Solo kayak	\$13.25	\$26.25	N/A
Tandem kayak	\$16.00	\$31.75	N/A
Pedal boat, 2-seater	\$14.75	\$29.25	N/A
Pedal boat, 4-seater	\$17.50	\$35.00	N/A
Aluminium pedal boat, 2-seater	\$17.50	\$35.00	\$50.00
Aluminium pedal boat, 4-seater	\$23.75	\$40.75	\$58.00

50% morning discounts for campers with presentation of their invoice.
 Watercraft rental: Visitors Centre, Lac-Stukely and Lac-Fraser beaches.

Aux Cerises pond from the Visitors Centre (canoe and kayak).
 Explore the pond as you paddle along the ecological self-guided route. Get a guidebook at the Visitors Centre and follow the numbered buoys.

Water Access Ramps at Lac-Stukely and Lac-Fraser



Photo: Mathieu Dupuis



Flambée des couleurs 2012

Weekends: September 22-23 and 29-30 as well as the 6-7 and 8 of October.



Welcome Cyclists

The parc national du Mont-Orford has been "Bienvenue Cyclistes" certified since 2007. This certification is synonymous with hosting and providing services which are adapted to the needs of cylo tourism. A few camping sites are available without reservation. It is also possible to reserve by visiting: www.parcisquebec.com.

A Parcs Québec's exclusive!

Discover the **Huttopia 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

More than 250 Huttopia tents available in 15 of Québec's national parks.

NEW

LOW SEASON ⁽¹⁾
\$97 /night

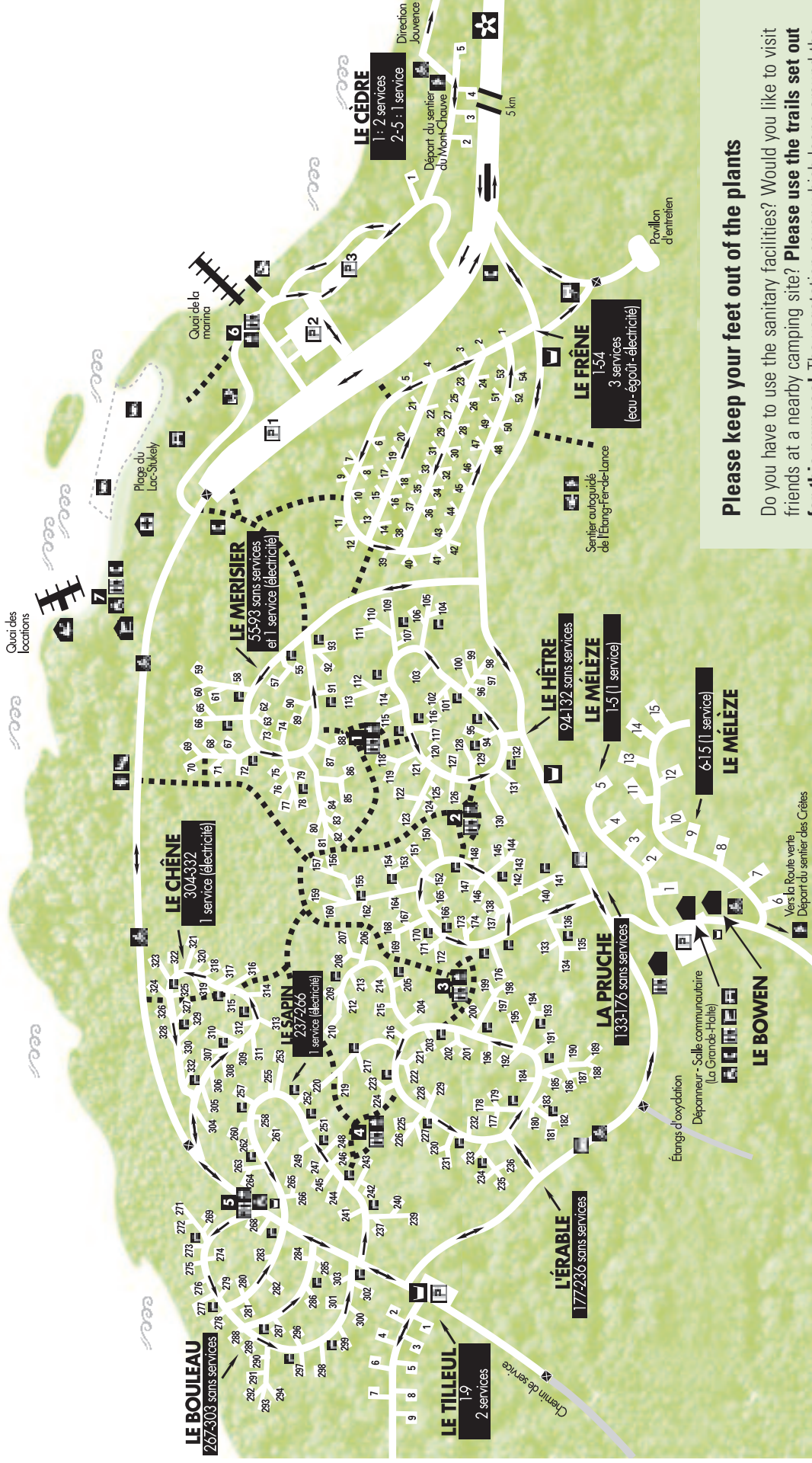
HIGH SEASON ⁽²⁾
\$113 /night

Online reservation: www.parcisquebec.com/huttopia

(1) From Sunday to Thursday until June 21, 2012 and from September 9, 2012
 (2) Fridays, Saturdays, holidays and every day from June 22, 2012 to September 8, 2012
 Taxes and entrance fee not included

Camping – Lac-Stukely Sector

Period of operation: from May 11 to October 8, 2012



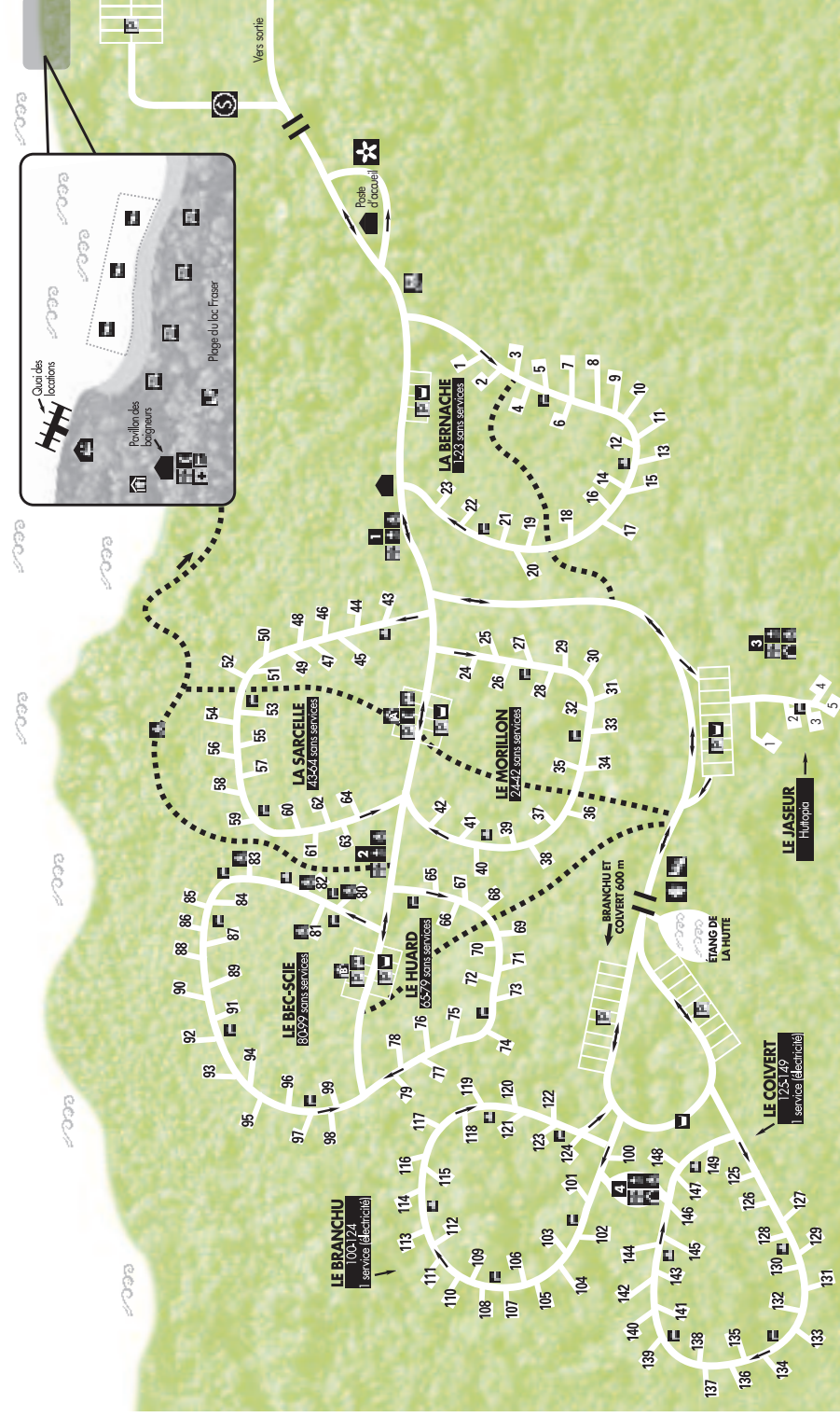
- Kitchen shelter
- Amphitheatre
- Convenience store
- Potable water
- Craft rental location
- Waste station
- Dumping station

Please keep your feet out of the plants

Do you have to use the sanitary facilities? Would you like to visit friends at a nearby camping site? **Please use the trails set out for this purpose!** The vegetation cover which loops around the grounds is fragile and quickly breaks down when it is regularly trodden on by campers. Even if it seems insignificant, the gesture to “cut across” brings on the disappearance of the vegetation curtain which ensures the charm and intimacy of the sites.

Camping – Lac-Fraser Sector

Period of operation: from June 8 until September 3, 2012



Park Rules

When visiting the park, we ask that you respect the rules in effect at all times. They are listed on the back of your invoice. Please take the time to read them.

Shhhh...

Personal headsets must be used everywhere and at all times when using a radio.

Power Outages

Please note that power outages may temporarily interrupt the supply of potable water. Sanitary facilities will be closed during power outages lasting more than 15 minutes.

Marshmallow Sticks

For conservation reasons, campers are encouraged to roast their marshmallows with Sauve-Forêt (save the forest) sticks rather than making their own from shrubs and trees. Get your marshmallow sticks at the Visitors Centre and community hall in the Lac-Stukely sector or at the Information Kiosk in the Lac-Fraser sector.



Winter at the Park



Le Vieux-Camp hut

Reminder!

Please don't feed the birds any sunflowers, peanuts or any other kind of food.

Even if this gesture seems totally inoffensive, we remind you that it is park policy not to feed any of the animals in the park.

Winter Hiking

As soon as the snows first begin to fall, the cross-country ski trails are closed to walkers and hikers so that they can be prepared (trail making). However, as soon as the snowshoe trails are opened, you can use them but please note that you must wear snowshoes or hiking crampons. Finally, if you would like to get on an easy winter walking trail, the La Sittelle trail (1.6 km) is accessible starting at the Le Cerisier in the Lac-Stukely sector.

A night in a shelter... the unique outdoor experience!

If you're a regular visitor to the park, you have no doubt stopped at one of the three park shelters. During the day, they welcome walkers and hikers who stop by for a snack or a rest. Once night falls and you have reserved ahead of time, it is possible to spend the night there as well. This is an enriching experience to say the least, whether with your family or with friends...

The equipment is basic: heating and a propane hot plate for cooking, beds with mattress and outdoor compost toilets. Please note that there is neither water nor electricity. Luggage can be transported for a fee.

Le Vieux-Camp (6 pers.):
Located 1.2 km from the services centre

Le Castor (20 pers.):
Located 3 km from the services centre

La Cabane-à-Sucre (24 pers.):
Located 2 km from the services centre

The three shelters are available and accessible in every season: in winter, by cross-country skis or snowshoes, and the other seasons by bike or on foot. There is no nearby parking.

The Park under Snow

Simply stated, the Parc national du Mont-Orford in the winter months is magnificent. Those who like to play outdoors in a natural setting cannot ask for more. Visitors who put on skis or snowshoes on the various trails for the first time are sometime more than surprised. They are surprised to see how popular it is, especially on weekends. Here, cross-country skiing and snowshoeing are the centres of attraction. The crowd, especially concentrated around the Visitors Centre and the huts areas, rapidly thins out when you hit the trails. Once here we can sense the peace and quiet of the place and take advantage of it to enjoy the great outdoors as well as marvel at nature's landscapes. The more curious or the luckiest may even be able to spot some of the wildlife that live in this precious, protected area. Have a great time. Enjoy your outing and the discoveries that go along with it.

Winter Pleasures!

Cross-Country Skiing Rates

(Taxes and entry fee not included)

CATEGORIES	Day-use Ticket	Pass - Season	Pass - Network
Adult	\$10.87	\$152.21	\$243.97
Senior (65 and over)	\$8.26	\$114.16	\$183.08
Student (18 to 23)	\$5.44	\$76.10	\$121.98
Children (6 to 17)	\$15.22	\$213.09	\$341.60
Family 1 (1 adult and children)	\$26.09	\$365.30	\$585.56
Family 2 (2 adults and children)	N/A	\$258.75	\$414.87
Couple			
Group	Adult: \$8.26 / Children: \$4.13 / Senior: \$6.31		

10% discount when you purchase a season ticket prior to December 1, 2012
Groups: Rates and packages available. Please enquire!

Equipment Rental Fees

(Taxes and entry fee not included)

EQUIPMENT TYPES	One-day Rates
Cross-Country Skiing	
- Adult: basic equipment	\$23.75
- Family (2 adults and children from the same family): basic equipment	\$53.25
- Child: basic equipment	\$15.00
- Adult: skating equipment	\$29.50
Snowshoeing	
- Adult	\$15.00
- Family (2 adults and children from the same family)	\$33.75
- Child	\$10.50
Others	½ day: \$16.25
- Baby glider (children's sled)	Full-day: \$22.25
- Hiking crampons	\$12.64

Ski-Vel - New!

To make the winter walking trails accessible to persons with reduced mobility, the parc national du Mont-Orford has armed itself with a new product: the Ski-Vel. This equipment, which can easily be adapted to wheelchairs (not included), permits users to visit the trails in winter. It is offered at no charge at the services centre.

ON-LINE SKI TICKETS AND SNOW CONDITIONS

This winter, get your cross-country ski tickets ahead of time by on-line purchasing at www.parcquebec.com. Take advantage of the opportunity to register and receive news about the daily snow conditions. This tiny effort in advance will help you more fully appreciate the joys of winter.



Patrollers Wanted

The Canadian Ski Patrol Service (CSPS) is proud to be able to assure the safety of skiers and snowshoers in the parc national du Mont-Orford every weekend.

Are you a person who loves to cross-country ski? Do you like to help people and would like to be part of our team of patrollers? Please don't hesitate to contact the CSPS.

1 888 562-4003
cp.parcorford@pcsqestrie.com
www.pcsqestrie.com

Day patroller

If you are good at cross-country skiing or snowshoeing, you have training in first-line interventions (ambulance driver, nurse, doctor, fireman, etc.) and you would like to become a day patroller, please don't hesitate to contact us at the services centre at 819-843-9855.



Le Bowen!

After a day of outdoor activities, you will be pleased to find yourself in the cosiness and comfort of the Le Bowen cabin located 5.5 km from the Visitors Centre in the magnificent Lac-Stukely sector (In winter, it is only accessible by snowshoes or cross-country skis.). With a capacity for 4 people, the cabin is equipped with a cooking plate, a refrigerator, cooking equipment, a shower, a wood heating system and electricity. Luggage can be transported for a fee.

Information at the Visitors Centre: **819 843-9855**
Reservations: **1 800 665-6527**
www.parcquebec.com

Take Shelter!

Feel like spending the night under the stars or taking shelter to prolong your stay? Open year-round, our huts and the Le Vallonnier primitive campground are perfect for this type of adventure!

Information at the Visitors Centre: **819 843-9855**
Reservations: **1 800 665-6527**
www.parcquebec.com



Discover the Park on Snowshoes



Cerf Trail

Snowshoeing (Entry fee only)

TRAILS	Distance (duration)	Level of difficulty
 Pékan trail (formerly Z) Visitors Centre – Le Castor hut	4.1 km (1 hr 20)	Intermediate
 Colline-des-Pins loop (via the Pékan trail) Reach Le Vieux-Camp hut passing the Des Pins Hill on the way and return to the Visitors Centre by the Coyote trail.	2.4 km (45 min)	Easy
 Coyote trail (via the Pékan trail) - Visitors Centre – Coyote trailhead - Coyote Trail (Loop)	500 m (15 min) 1.6 km (30 min)	Easy
Lynx trail (formerly A) - Visitors Centre – Le Castor hut	3.8 km (1 hr 15)	Intermediate
Chouette trail (via the Lynx trail) - Visitors Centre – La Chouette trailhead - La Chouette Trail (Loop)	400 m (10 min) 3 km (1 hr)	Intermediate
Loutres trail (via Lynx trail) - Visitors Centre – Loutres trailhead (Le Castor hut) - Loutres Trail (Loop)	3.9 km (1 hr 15) 4.3 km (1 hr 45)	Difficult
Mont-Chauve trail (via the Pékan trail) - Visitors Centre – Carrefour du Ruisseau-Perdu - Mont-Chauve Trail (Loop)	5 km (1 hr 30) 6.5 km (3 hrs 15)	Difficult
Cerf trail (via the Pékan trail) - Visitors Centre – Cerf trailhead - Cerf trail - Pékan trail – Visitors Centre	1.4 km (30 min) 8.5 km (4 hrs 30) 3.5 km (1 hr 15)	Difficult
Ruisseau-David trail - L'érablière municipal park – Summit of Mont Chauve	4.2 km (1 hr 30)	Intermediate
Ruisseau-des-Chênes trail - Route 112 – Lookout	2.9 km (1 hr 15)	Difficult
Sentier de la Gélinothe (via the Lynx Trail) New! - Visitors Centre- alpine ski centre	3.7 km (1 hr)	Intermediate

Please note that going off-trail is prohibited in the Parc national du Mont-Orford. We ask that you please respect trail markings and conditions for use. With the exception of loop trails, the distances and times given are only for the outward journey. Times do not take into account rest stops or the variable snow conditions of the trails.

ACTIVITIES AND SERVICES

- Cross-country skiing: over 50 km of trails of varying degrees of difficulty, for classical or skate skiing (26 km).
- Mountain snowshoeing: nearly 50 km of marked trails.
- Equipment rental shop (skis, snowshoes, etc.).
- 3 huts for group lodging.
- Primitive camping Le Vallonnier (14 platforms)
- Cabin: Le Bowen

INDEPENDENT DISCOVERY ACTIVITIES

- Self-guided tour on the Sittelle trail.
- Autonomous nature rally on the Pékan and Coyote trails.

Information at the Visitors Centre Le Cerisier.

The Park is also ...



The Centre d'arts Orford

Located in the Parc national du Mont-Orford the Centre d'arts Orford is secluded in a lovely natural setting which is favourable to artistic enhancement in all its splendid forms. The academy of music is at the heart of the Centre's activities and each year welcomes scores of gifted young musicians who are about to launch their professional careers in classical music. In addition, each year brings on a new Festival Orford program, a major cultural happening dedicated to spreading music and charming both classical music buffs and the general public by the quality of the presentations as well as the offerings of other art forms such as the visual arts. There is a charming nearby "auberge", also set in a forest environment, that welcomes vacation-goers and visitors alike throughout the year.

Information: **1 800 567-6155 et www.arts-orford.org**



Jouvence, another style of hotel keeping

Located in the Parc national du Mont-Orford on the banks of lac Stukely, Jouvence has been a great and different resort centre in Quebec for over 60 years. A veritable pedestrian vacation village established on a site covering several km², its numerous buildings and cottages with wood stoves offer comfort and commodities to active people. The Jouvence turnkey package includes a night's stay, 3 plentiful meals each day, outdoor activities and equipment, a formula which allows you to enjoy your holidays to the fullest whether parent or child. Take part in the many activities offered on site such as climbing, sailing, kayaking, pedal-boating, archery, fitness training and more. Our team of experts in animation will help your children enjoy magical and unforgettable moments.

Reserve now: **www.jouvence.com • 1 800 567-3134**



Station touristique du Mont Orford

Located in the Parc national du Mont-Orford, the facility's tourist station offers a full menu of activities throughout the year. For the last 70 years, the mountain and its golf course have attracted their share of travellers. Over the years the ski centre has managed and prepared top-flight skiing conditions on 3 mountains (Orford, Alfred-DesRochers and Giroux), 4 slopes, 61 trails and glades and offered 9 mechanical lifts, including a hybrid gondola, for the pleasure of all who love the sliding sports. During the summer months, its panoramic golf course, both mature and hilly, enchants golfing buffs from near and far. Do you like to hike? Take a walk up the 2800-foot mountain trail and then take a tour on the hybrid gondola, or let yourself be breathtakingly charmed by the brilliant fall foliage colours. When you get to Mont Orford, follow your instincts and let nature's appeal guide the way.



General information about the ski centre: **1 866 673-6731**
Reservation - Golf: **819 843-5688**

ALLOW YOURSELF TO BE GUIDED BY NATURE

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.

www.quebecadventure.ca

Follow the Guide!



Activity with Park Ranger

DISCOVERY ACTIVITIES FOR ORGANISED GROUPS, WITH PRIOR RESERVATIONS

Participate in a discovery activity accompanied by a park warden. Several activities will be offered to you (walking trail, canoe, Rabaska, snowshoeing). This is a must-do rendez-vous with nature!

An outing at the park!

Rabaska excursion – **New this year!**

Enquire about our new Rabaska excursions in the spring and fall.

Vous avez dit « chevreuil » ?

An incursion into the life of a mammal which is active from spring to winter: the White-tailed deer. Enjoy a walk accompanied by a park ranger to understand how this animal organises itself, over the course of the seasons, to be able to survive the ever present threats. Duration: 1 h 30

Level: primary (3rd cycle) and secondary (1st cycle)
Cost: \$3.10 /student, taxes not included.

Apprenti garde-parc

For a brief moment, the students will be invited to put themselves in the place of a park warden and ask themselves about the ways to protect the territory. A short talk followed by walking tour along the park to identify some of the floral and wildlife species and to apply the "Sans trace" principles. Duration: 1 h 30

Level: primary (1st, 2nd and 3rd cycles)
Cost: \$3.10 /student, taxes not included.

A Park Warden in your Classroom!

À la rescousse d'Hulule – **New!**

The story of Hulule demystifies the world of nocturnal birds of prey. While presenting various species of owls and other birds who prey at night, the park warden gives a workshop on their food sources and traces a portrait of the park and helps students discover the role each of them plays.

Level: primary (3rd cycle)
Cost: \$85.00, taxes not included.

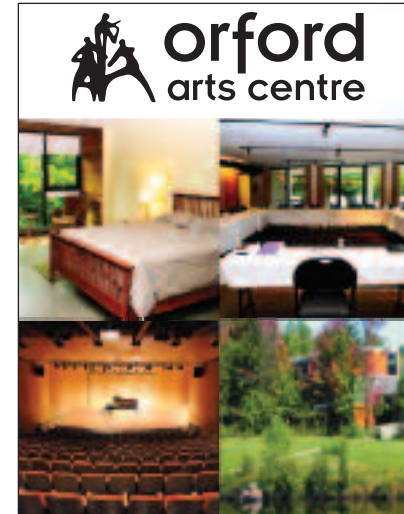
Les parcs nationaux québécois : des territoires protégés

A park ranger will visit your students right in their own classroom and enthusiastically share his or her enthusiasm for these protected spaces. This is a great occasion to think about the balance which is needed between both the "conservation" and the "accessibility" aspects in the mission of the parks.

Level: Secondary (1st cycle)
Duration: 75 min.
Cost: \$100.00, taxes not included.

Information and reservation

To take part in any of these activities, please call 819-843-4545, ext. 426 or write to: paquette.manon@sepaq.com.



THE ORFORD ARTS CENTRE INN

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info@arts-orford.org | www.arts-orford.org
3165, chemin du Parc, Orford (Québec)

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241, Dufferin Street
Downtown Sherbrooke
819 821-2115
www.mbas.qc.ca

Québec | Ville de Sherbrooke

Frédéric Lafrance. Holstein, Racine, 2009, impression jet d'encre sur papier coton baryté, coll. : MBAS

Follow the scent of the legends of Eastman...

Into one of the park's gift shops!

Natural soaps and bodycare products
odeurdeslegendes.com
1158, des Diligences rd., Eastman 450-297-3979

Savonnerie des DILIGENCES

Canadian Food Inspection Agency | Agence canadienne d'inspection des aliments

DON'T MOVE FIREWOOD

Moving firewood, even just a few kilometres away, can spread invasive insects and diseases to our forests.

Buy it locally. Burn it on site.
Never bring it back home.

www.inspection.gc.ca

Canada

Discover our bottle, PLIABLE, WASHABLE and REUSABLE



Did you know that...

- Quebecers consume more than 250,000 bottles of water each and every day.
- More than half of these bottles end up in landfill or in Mother Nature's lap.
- It takes 2 to 3 litres of water and 1/3 of a litre of petroleum to produce just 1 litre of bottled water.

Parcs Québec encourages you to change your habits by switching from disposable bottles to a reusable water bottle. Discover our new pliable bottle. Ingenious, environmentally friendly and convenient, it will accompany you wherever you go - and you can even fit it in your pocket!

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If you would like to receive park news via our electronic newsletter, please get in touch with us at parc.mont-orford@sepaq.com. We will be pleased to add your name to our mailing list.

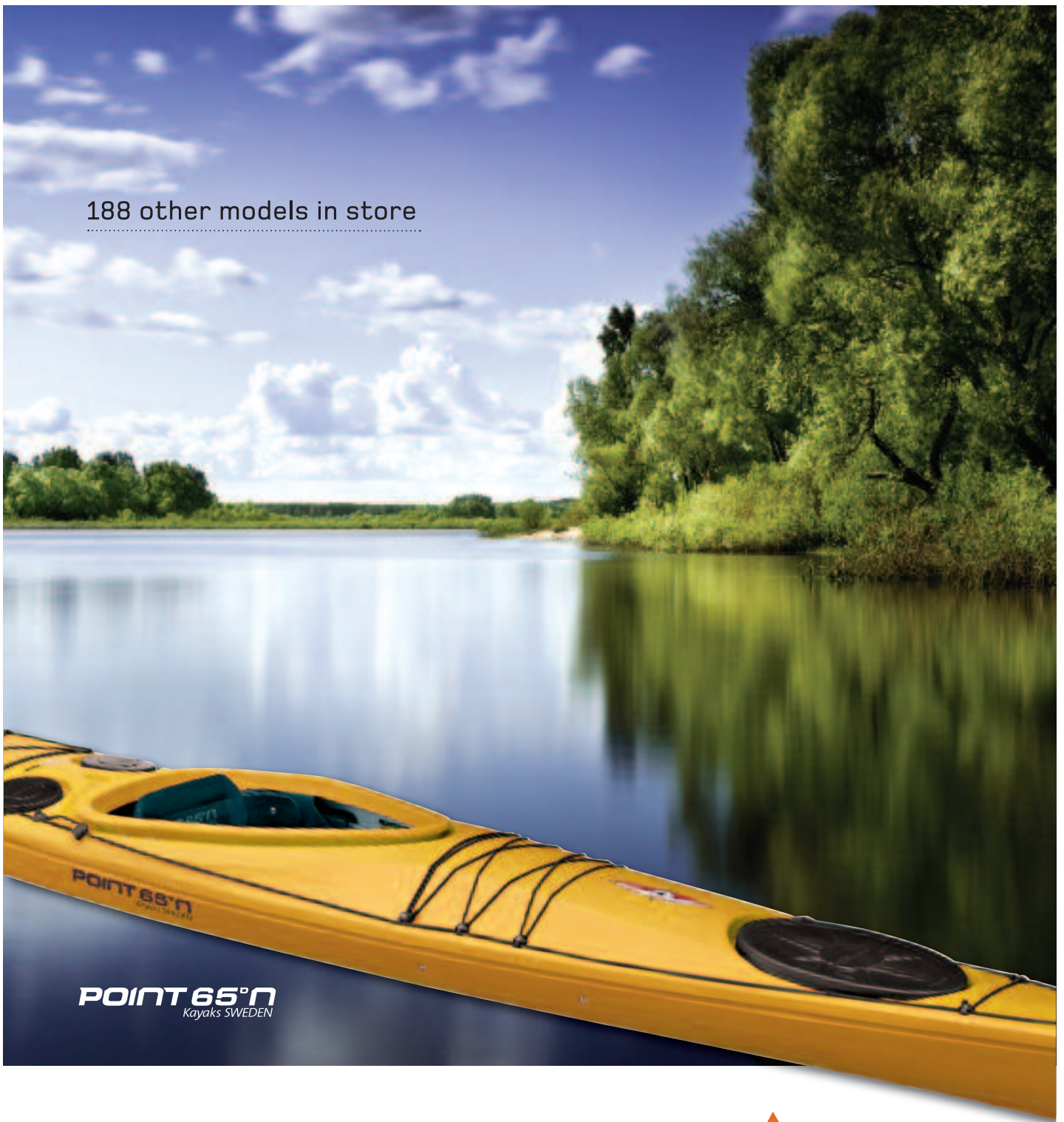


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