

SÉPAQ

# PARC NATIONAL DU LAC-TÉMISCOUATA

**Protected area. Enriching nature experiences.**

**In the heart of the Appalachian chain and bordering one of Quebec's most magnificent lakes, this park with lush forests allows you to soak in nature in all its glory.**

**A crossroads for thousands of years for the First Nations, the park is endowed with an invaluable archaeological wealth.**

# OUR TEAM'S FAVORITES



## The Park's Signature: Archaeology

The park's territory was once a strategic crossroads of great importance to the First Nations. A total of 54 archaeological sites have been identified in the park. Discover this science with our archaeologist through captivating discovery activities.



AVAILABLE AT THE VISITORS CENTRE

## Grey Owl Comic Book

One of the first defenders of wildlife in Canada, Grey Owl had his beginnings as an author in the 1930s, on the territory that is now the national park. This comic book aims to pay tribute to the legendary woodsman who inspired millions of people with his message to protect nature.



## Rabaska, Beavers, and History

Between the Petit and Grand Lac Touladi, the Îles sector is a magnificent water path to take. Go back in time and follow the traces of the Wolastoqiyik by taking a rabaska ride with our naturalist. You will be enchanted by this natural setting, especially at sunset.



## The Épinoche: the Park's Water Whittle

Hikers and cyclists can take the Épinoche which links the anse à William to the Cabano district of Témiscouata-sur-le-Lac. This 15-minutes crossing allows you to contemplate the immensity of Lake Témiscouata and gives access to the Petit-Témis bicycle path (Route Verte 8)



## The Naturally Curious' trail

With a length of 720 m, this trail is set up for children and is scattered with physical challenges and fun discovery games. Build a lodge like the beavers, jump from trunk to trunk like the lumberjacks, hunt caribou like the Indigenous peoples and jump on the zip line to fly like the bald eagle.



## Sandy Shore of Grand-Lac-Touladi

A superb place to enjoy the beautiful sunny days of summer with your family. You will appreciate the starry skies and the colorful sunsets. It is also the perfect place to learn to paddle surf or kayak. It is here that the most beautiful summer memories are made.

# DISCOVER OUR TRAILS



Picnic tables are located at all park trails, allowing you to easily stop for a snack!

HIKING AND BIKING TRAILS		DISTANCE AND DURATION*		LEVEL	TRAILHEAD
	<b>Montagne-du-Fourneau</b> - With a pine forest classified as an “exceptional forest ecosystem” and stunning vistas over Lake Témiscouata and the surrounding area, this trail is a must! <b>NEW!</b> Dogs are now allowed on this trail.	5.8 km loop	2-hour	Interm.	Anse-à-William Discovery and Visitors Centre (DVC)
	<b>Rivière-des-Mémoires</b> - Go back in time while paddling along the mythical Touladi river. Take the opportunity to discover the great Touladi footbridge.	13.2 km Out-and-back	4-hour	Easy	Jardin des Mémoires or St-Juste Sector Entrance
	<b>Sutherland</b> - Enjoy the view of Rond lake and cross a boardwalk over a magnificent marsh to reach the famous Sutherland falls.	6 km Out-and-back	2½-hour	Easy	Sutherland parking area
	<b>Montagne-de-Chert</b> - Fall under the spell of an old maple grove and discover the viewpoints over the Touladi lakes.	5.2 km loop	2-hour	Easy	Montagne-de-Chert parking area
	<b>Draveur</b> - A natural link between the Jardin des Mémoires and the sandy banks of Grand Lac Touladi, this trail will let you discover historic shores.	9.4 km Out-and-back	3-hour	Easy	Jardin des Mémoires or Grand-Lac-Touladi VC
	<b>Grey-Owl</b> - From Anse-à-William, stop at the picnic area on the sandy banks of Curé-Cyr point (0.8 km), then continue your hike to reach the footbridge over the Touladi river.	11 km Out-and-back	3½-hour Hiking 1-h Biking	Easy	Anse-à-William DVC or St-Juste Sector Entrance
	<b>Vieux-Quai</b> - A short hike from Anse-à-William will lead you to the Vieux Quai and its beautiful view of Lake Témiscouata.	2.8 km Out-and-back	1-h Hiking 15 min Biking	Easy	Anse-à-William DVC
	<b>Grands-Pins</b> - From one rocky outcrop to the next, climb above Lake Témiscouata to take in the incredible views. The choice is yours: out-and-back or loop.	5.8 km Out-and-back 6 km loop	2-hour 2½-hour	Easy Interm.	Grands-Pins VC
	<b>Crépuscule</b> - The effort of climbing up to the Crépuscule lookout will be rewarded by a spectacular view of Lake Témiscouata and its superb sunsets.	1.8 km loop	35 to 50 minutes	Interm.	Grands-Pins VC
	<b>Belvédères</b> - To discover Lake Témiscouata from different viewpoints, this trail links together the Crépuscule trail and the Grands-Pins trail.	1.4 km Out-and-back	35 to 50 minutes	Interm.	Grands-Pins VC
	<b>National Hiking Trail</b> - Backpackers can traverse the entire park and explore its various ecosystems on 37 km of forest trails. Level: Intermediate. <b>IMPORTANT: Check with the park as trail conditions vary by section and time of year.</b> Accommodations are available in campgrounds, rustic campsites, or ready-to-camp.				
	<b>Cycling Route</b> - Road bikers will enjoy the winding, hilly course of the park’s 26 km of paved, shared roads, including the section between Anse à William and Grand Lac Touladi, passing near the Montagne de Chert and the Jardin des Mémoires.				

\* The durations and levels of difficulty mentioned are indicative only and refer to the summer season. DVC: Discovery and Visitors Centre - VC: Visitors Centre.

Hiking Biking Family experience Auto-interpretation Dogs allowed (May to October) - [sepaq.com/animaux](http://sepaq.com/animaux)



## Family experience

**Yippee, it's absolutely free!**

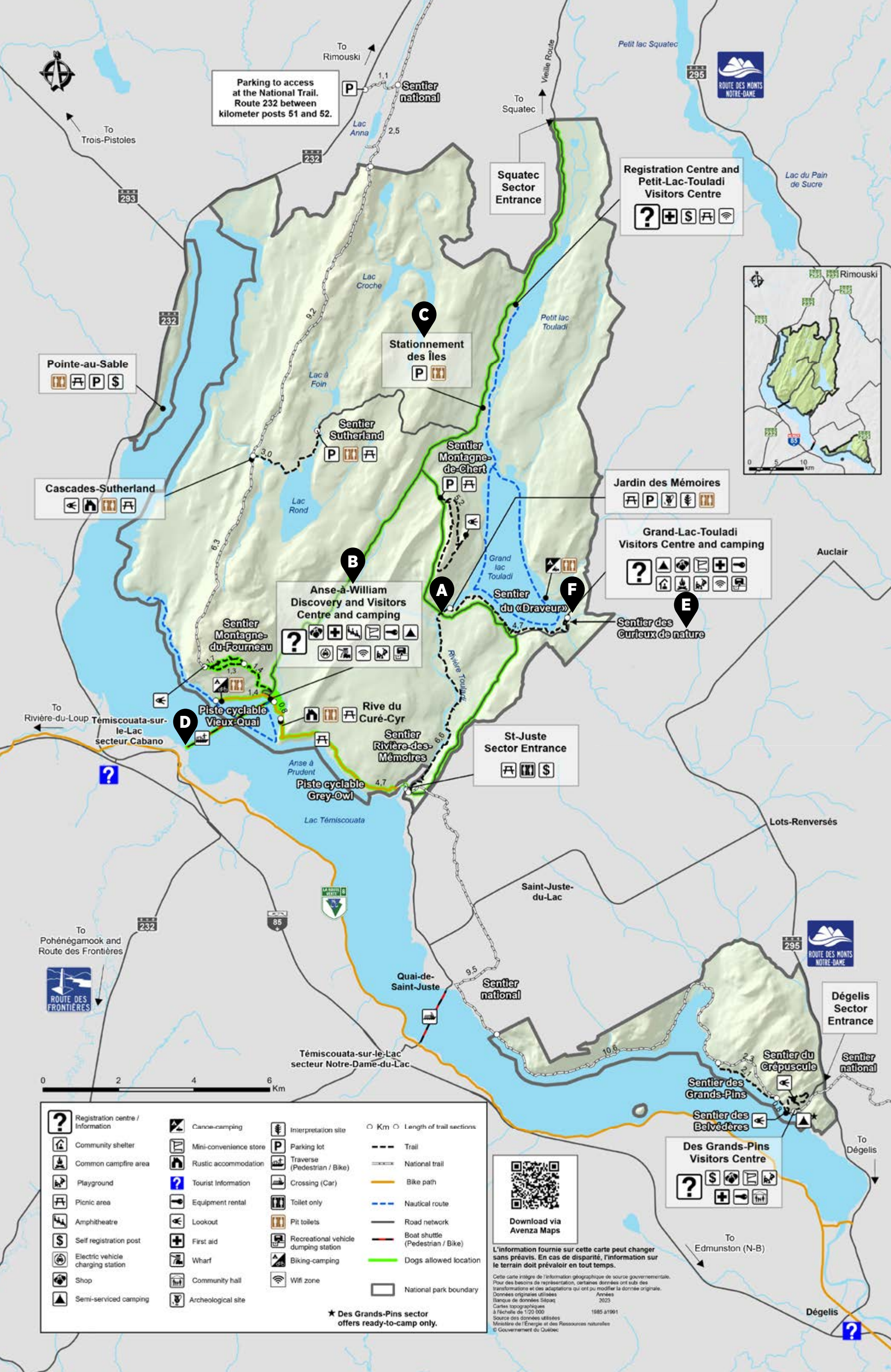
For young people 17 years of age and under, access, accommodations and equipment loans are absolutely free of charge.

The offer varies from one establishment to another.



## Autumn, a season of colour!

A privileged moment to admire striking panoramas of the blaze of colours that cover the park and the Témiscouata region.



Parking to access at the National Trail. Route 232 between kilometer posts 51 and 52.

Registration Centre and Petit-Lac-Touladi Visitors Centre

Stationnement des îles

Jardin des Mémoires

Grand-Lac-Touladi Visitors Centre and camping

Anse-à-William Discovery and Visitors Centre and camping

Sentier des Curieux de nature

St-Juste Sector Entrance

Dégelis Sector Entrance

Des Grands-Pins Visitors Centre

Pointe-au-Sable

Cascades-Sutherland

Piste cyclable Vieux-Quai

Piste cyclable Grey-Owl

ROUTE DES FRONTIÈRES

- |  |                                   |  |                        |  |                                      |  |                       |  |                                  |
|--|-----------------------------------|--|------------------------|--|--------------------------------------|--|-----------------------|--|----------------------------------|
|  | Registration centre / Information |  | Canoe-camping          |  | Interpretation site                  |  | Km                    |  | Length of trail sections         |
|  | Community shelter                 |  | Mini-convenience store |  | Parking lot                          |  | Trail                 |  | National trail                   |
|  | Common campfire area              |  | Rustic accommodation   |  | Traverse (Pedestrian / Bike)         |  | Bike path             |  | Nautical route                   |
|  | Playground                        |  | Tourist Information    |  | Crossing (Car)                       |  | Road network          |  | Boat shuttle (Pedestrian / Bike) |
|  | Picnic area                       |  | Equipment rental       |  | Toilet only                          |  | Dogs allowed location |  | National park boundary           |
|  | Amphitheatre                      |  | First aid              |  | Pit toilets                          |  |                       |  |                                  |
|  | Self registration post            |  | Wharf                  |  | Recreational vehicle dumping station |  |                       |  |                                  |
|  | Electric vehicle charging station |  | Community hall         |  | Biking-camping                       |  |                       |  |                                  |
|  | Shop                              |  | Wi-Fi zone             |  | Archeological site                   |  |                       |  |                                  |
|  | Semi-serviced camping             |  |                        |  |                                      |  |                       |  |                                  |

★ Des Grands-Pins sector offers ready-to-camp only.



Download via Avenza Maps

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

Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale. Données originales utilisées Années 2023. Cartes topographiques à l'échelle de 1:20 000. Source des données utilisées Ministère de l'Énergie et des Ressources naturelles 1985 à 1991. © Gouvernement du Québec.



0 2 4 6 Km

# DISCOVERY TIME



## Fort Ingall

**A British fortress from 1839!** Témiscouata hides a little-known history: it was the scene of an almost forgotten war. Uncover the mystery by visiting the only wooden fortress of the British Empire in Quebec: Fort Ingall. You will learn about the life of the soldiers, the military architecture of the time, and the concrete results of the archaeological excavations that took place on this historic site. As a bonus, you will see one of the soldiers using his black powder weapon.

**Departure point:** Anse-à-William **Duration:** 2 hours 15 minutes including the crossing  
**Cost:** \$29 per adult and \$6 per child (17 years old and under), taxes included.  
**Reservation required at the Visitors Centres.**

## “From one Shore to the Other” Circuit

To fully explore Lake Témiscouata by bike, a 24 km loop (18 km stone dust cycling path, 6 km shared road, and 2 ferries), is offered. **Consult the ferry schedule and reserve your place on the park's water shuttle, the Épinoche.**

### Ferries:

#### N. M. Corégone:

Consult the schedule at [traversedutemisouata.com](http://traversedutemisouata.com)

#### L'Épinoche:

Reservation mandatory at 418-855-5508, ext. 0



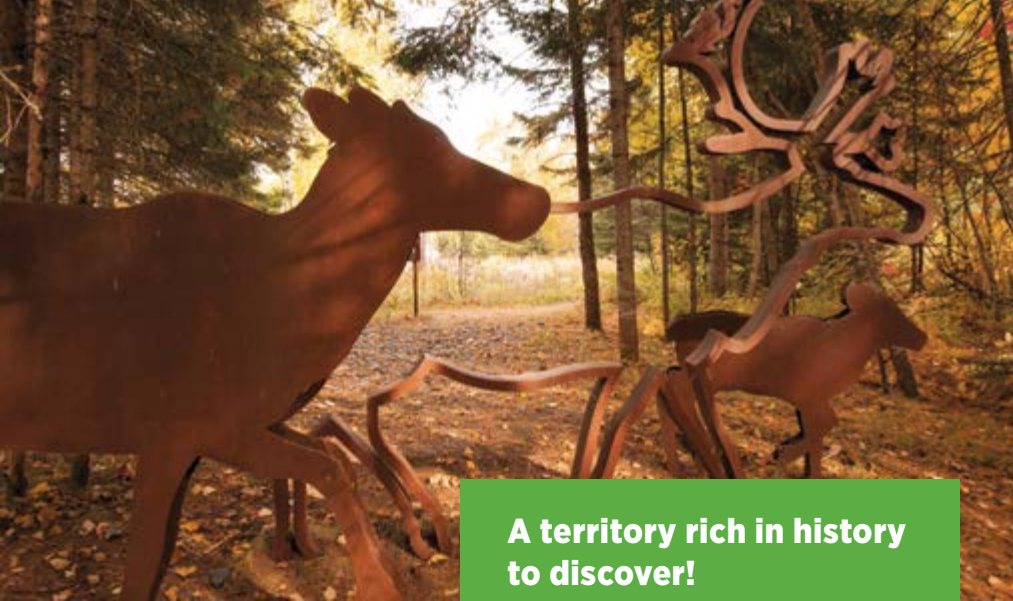
## Watercraft rentals

Discover the Touladi and Témiscouata lakes.



## Curé-Cyr rustic campsite

Newly redeveloped, come rediscover this peaceful haven with a view of Lake Témiscouata. Located near the sandy shore, the Grey Owl trail (accessible by foot or by bike) and the Anse-à-William Visitors Centre (0.8 km).



**A territory rich in history to discover!**

### Garden of Memories

A place of contact with history, the Garden of Memories evokes the various periods of human occupation of the territory that is now a national park. This splendid site, at the outlet of Grand-Lac-Touladi, has a rich history reflecting the occupation of both the First Nations and the lumberjacks. Archaeological digs and on-site interpretation will help you quench your thirst for knowledge.

### Archaeological Displays

Park visitors will have the unique opportunity to view authentic objects such as real arrowheads and spearheads that were discovered in the park during archaeological digs.

This temporary exhibit also showcases First Nations culture and technology. These objects are displayed at the Anse-à-William, Grand-Lac-Touladi and Grands-Pins Visitors Centres.



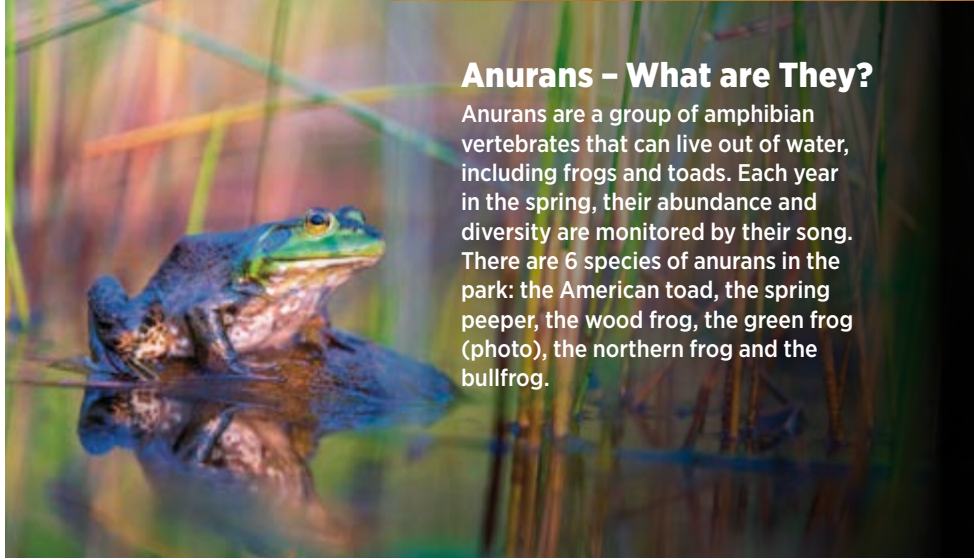
Photo: Reconstituted spear tip



### Circuit of Flavours

Discover agri-tourism artisans located on the outskirts of the national park.

Pick up your brochure at our Visitors Centres.



### Anurans – What are They?

Anurans are a group of amphibian vertebrates that can live out of water, including frogs and toads. Each year in the spring, their abundance and diversity are monitored by their song. There are 6 species of anurans in the park: the American toad, the spring peeper, the wood frog, the green frog (photo), the northern frog and the bullfrog.



### IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

#### Outdoor activities can involve certain risks.

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

For more information, visit our website at [sepaq.com/security](http://sepaq.com/security)

### DISCOVERY ACTIVITIES

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

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



# CONSERVE FOR TOMORROW



Lake Témiscouata



Zebra Mussel

## Zebra Mussel

The presence of the zebra mussel, an exotic invasive species, was confirmed in Lake Témiscouata in 2022. This follows the discovery of the Eurasian watermilfoil in 2016. We greatly need your collaboration to help fight against their dispersal in other lakes in the park and the region.

## Lake Témiscouata in its Natural State

**The park allows the conservation of more than 45% of its shoreline.**

In addition to conserving 175 km<sup>2</sup> of the Lake Témiscouata watershed, the national park contributes greatly to the protection of its shores by allowing them to remain in their natural state. This greatly encourages exchanges between the aquatic and terrestrial environments. Natural and undisturbed shorelines help maintain good water quality.

## Washing of Watercraft Required

The park is working closely with the Regional County Municipality of Témiscouata to prevent the contamination of lakes by exotic invasive species, notably the zebra mussel. Thorough washing of all watercraft is required. Adequate equipment is available at strategic points. Before launching your boat, be sure to ask! Thank you for helping preserve our lakes.

To learn more about Lake Témiscouata and its watershed, you can consult the **Carnet de santé du lac Témiscouata** produced by the organisme de bassin versant du fleuve Saint-Jean:

[obvfleuvestjean.com/etudes](http://obvfleuvestjean.com/etudes)



NOUS SOMMES TOUS CONCERNÉS.

Faites votre part. Découvrez comment ici.  
→ [moulezebrée.info](http://moulezebrée.info)

**Thank you for helping preserve our lakes.**

## Our national parks

Given the millions of visits to our national parks annually, harmful behaviors can cause permanent damage to the environment and negatively impact the experience of other visitors. Let's do our part to care for these extraordinary nature sites so we can all enjoy them for years to come.

## 5 GOOD PRACTICES TO ADOPT IN NATURE



### Stay on trails and in designated visitor areas

Taking shortcuts can destroy vegetation.



### Do not gather dead wood\*

To preserve the natural environment, it is prohibited to remove natural elements, including animals, plants, dead wood, and rocks.



### Do not feed wildlife\*

Feeding wildlife negatively impacts their natural feeding habits. Keep all food out of reach of animals.



### Keep your distance when observing wildlife

When animals are repeatedly disturbed, their natural behaviors can change, and they can develop problems to feed, find a mate, and communicate among themselves.



### Respect the peace and tranquility, and comply with curfews

People come to national parks to relax and enjoy nature. Please respect curfews and avoid playing music at all times.

\*Failure to comply with rules governing parks and authorized activities is considered a violation of the *Parks Act* and *Parks Regulation*.



Parc national  
du Lac-Témiscouata



PCF



[sepaq.com/temiscouata](http://sepaq.com/temiscouata)

Photos: Jean-Christophe Lemay, Francis Bouchard, Patrick Eid, Stéphane Audet, Marc Loïselle, Camille Gosselin-Bouchard, Marie-Josée Dubé, André-Joël Savard, Diane Bouchard, Bibliothèque et Archives Canada.