



PARC NATIONAL DU MONT-TREMBLANT



HIGHLIGHTS

FAMILY CYCLING

Since last year, there are multi-purpose trails for cycling and hiking in each of our 3 sectors. Featuring gentle slopes, gorgeous views and peace and quiet, they're perfect for family outings!



THE EAGLE HAS RETURNED!

Why has the bald eagle made such a dramatic comeback to the park? This new talk will tell you all about this fascinating bird of prey.



EXPERIENCE AUTUMN AT THE VIA FERRATA

Colourful and breathtaking! We now offer several departures each week in the fall for those who want to take in nature from a dazzling viewpoint.



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

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
- BOUTIQUES 15% off regular-priced items* in all Sépaq boutiques
- CROSS-COUNTRY SKIING 15% off a day ticket
- AQUARIUM DU QUÉBEC 15% off daily admission
- PARC NATIONAL DU MONT-MÉGANTIC 15% off admission to the ASTROLab
- PARC NATIONAL DE MIGUASHA Free admission to exhibits

Certain conditions apply.
*Excluding convenience store products and ski products.
Details at sepaq.com/parkscard

CONTEST DESTINATION PARCS NUNAVIK

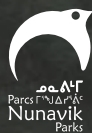
Between April 1 and September 1, 2017, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park of Nunavik.

A \$10,000 VALUE!

Experience the journey of a lifetime. A choice among 3 destinations to explore at parcsnunavik.ca:

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

Details and contest rules at sepaq.com/contest



MUST-DOS



ALL-EMBRACING NATURE

Created in 1895, Parc national du Mont-Tremblant has a mission to preserve a representative sample of the southern Laurentians for us and for future generations. Discover the park's three large sectors—La Diable, La Pimbina and L'Assomption—each with its particular attractions and characteristics. The sheer size of this protected natural area and its wide variety of activities and services make it an ideal wilderness playground for outdoor enthusiasts of all ages. Discover it again for the first time!

BREATHTAKING VIEWS FROM OBSERVATION DECKS

Four trails are crowned with an observation deck. La Roche and La Corniche offer look-outs that are representative of Lac Monroe's glacial valley and of the Mont Tremblant Massif. From the Grands-Vallées observation deck, you'll see a magnificent view of the park's rolling hills, and the L'Envol observation deck lets you enjoy an unobstructed view of the Pimbina Valley.



WONDERFUL WATERFALLS

Discover the park's four waterfalls, each one unique! Chute du Diable and Chutes Croches (La Diable Sector) have accessible hiking trails and observation decks. The spectacular waterfall at Chute-aux-Rats (La Pimbina Sector) is over 17 metres high and features a picnic area, and Chute-aux-mûres has a charming little footbridge (La Cachée).



WINTER IN THE PARK

The winter season in the park remains a well-kept secret with a lot to offer. The La Diable and La Pimbina Sectors offer experiences that are tailor-made for all, in the hushed calm of winter: accommodations and cross-country skiing, backcountry skiing and snowshoeing activities.



SANDY SHORES

Some of the territory's nearly 400 lakes have sandy shores and allow for nautical activities. They include Lac-des-Sables, Lac Escalier and Lac Caché. There are also two supervised beaches for swimmers: Lac Monroe (La Diable Sector) and Lac Provost (La Pimbina Sector).



ACTIVITIES AND EQUIPMENT RENTAL

VIA FERRATA

The Via Ferrata is the perfect activity for people who enjoy outstanding views. A professional guide accompanies you throughout the activity. Beams, footbridges and suspension bridges spice up your adventure in the park's high points. **Important:** For all departures, the minimum height is 1.3 metres (approx. 4 ft. 3 in.) and the maximum weight is 110 kg (242 lbs). Maximum party size per departure is 8. Find out the other specific conditions at a registration centre. **2017 schedule:** June 10 to September 4. From September 5 to October 9: Mondays, Thursdays, Fridays, Saturdays and Sundays.

EXPERIENCE	LEVEL OF DIFFICULTY	APPROX. DURATION	MINIMUM AGE	ADULT PRICE*	CHILD PRICE*
The Excursion	Beginner	3 h 30 min	8*	\$46	\$34.50
L'intermédiaire	Intermediate	4 hrs	14	\$60	\$45
Grande Virée	Advanced	5 hrs	14	\$79	\$59.25
Night Sunset	Advanced	4 h 30 min	14	\$66	\$49.50

The Excursion: Children aged 8 to 11 must be accompanied by a parent.



WATER ACTIVITIES

RIVER CANOE-CAMPING

The magnificent Rivière du Diable offers a highly popular 25 km route with a selection of waterfront campsites. Transportation is available from the Lac Monroe Visitors Centre.

\$175 /2 people
/2 days/1 night

LAKE CANOE-CAMPING

Choice of 4 destinations

For a more easy-access canoe-camping experience, try it out on a lake.

\$102 /2 people
/2 days/1 night

RIVER DESCENT

Reservations recommended

An unguided trip down the Méandres de la Diable, the winding section of the river, is the perfect aquatic activity to take full advantage of the river and its meanders. This half-day trip by canoe or kayak will amaze you with its spectacular scenery.

\$55 per canoe

Pricing: Taxes and entry fee not included.

EQUIPMENT RENTAL

EQUIPMENT	DAY	4 hrs	1 hr
Rowboat	\$43	\$30	\$15
Canoe	\$48	\$33.75	\$16.75
2-Seater Plastic Pedal Boat	\$33	\$16.50	
4-Seater Plastic Pedal Boat	\$39.50	\$19.75	
2-Seater Aluminum Pedal Boat	\$39.50	\$19.75	
Solo Kayak	\$44	\$30.50	\$15.25
Tandem Kayak	\$52.50	\$37	\$18.50
Adult Bike	\$40	\$28	\$14
Child Bike	\$20	\$14	\$7
Paddleboard	\$42	\$29.50	\$17

MORNING ON THE WATER

YOU ARE STAYING IN THE PARK?
Enjoy 50% off 1-hour watercraft rentals in the morning. Come to the rental centre with your accommodations receipt and one piece of I.D.

50% OFF

DISCOVERY ACTIVITIES

GUIDED WATERWAY ROUTES

FREE FOR CHILDREN 17 AND UNDER
accompanied by an adult.
(does not apply to groups of children).

For these activities, the watercraft, lifejackets and paddles are provided. Participants must know how to paddle. Adult accompaniment is required for those under 15.

GUIDED TRIP DOWN THE MEANDERS **BILINGUAL** \$53.50 /per adult

In a canoe, explore a calm and winding section of Rivière du Diable, the park's most important river. Throughout the journey, a park warden–naturalist will point out things to observe and share knowledge with you. Activity upon reservation, places are limited.

SEA KAYAKING WITH THE LOONS **BILINGUAL** \$48.50 /per adult

To experience something truly unique, take part in this sea kayak excursion on a large lake, in the company of a park warden–naturalist. Who knows? You may be lucky enough to spot some wildlife! Each child under the age of 15 must be paired with an adult in the kayak. Minimum age: 7. Activity upon reservation, places are limited.

L'AVENTURE DU MONROE! offered in French only \$11.50 /per adult

Inspired by geocaching, this excursion in a rabaska canoe on Lac Monroe will help you discover a few secrets about this lake's rich history. Accompanied by a park warden–naturalist, experience the Monroe Adventure! Activity upon reservation, places are limited.

MARAIS SAFARI offered in French only \$11.50 /per adult

Enter one of the park's richest habitats at dusk on this guided canoe trip. Animal sightings guaranteed! Activity upon reservation, places are limited.

GAMES OFFERED IN FRENCH ONLY

FREE

Duel des panaches

What are the differences between the white-tailed deer and the moose? Two teams will go head-to-head in a bean-bag toss to learn about the two cervid species living in the park.

Des poissons et des hommes

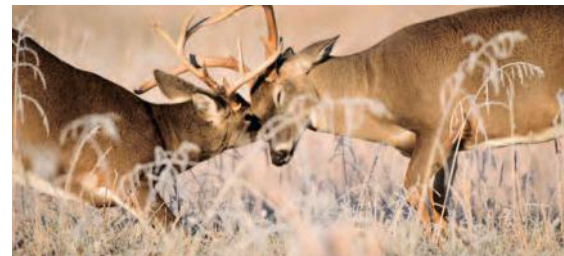
Take advantage of this activity to learn about the fish in the park. Whether or not you fish, you may be surprised by the underwater life of our lakes!

À table avec l'ours noir!

Does the black bear's appetite live up to its reputation? During the game, have fun becoming the bear's personal chef and learn more about this familiar park mammal.

Le Mõlkky du parc!

Come try out this popular throwing game and learn how to help protect nature in our parks.





MULTIMEDIA TALKS OFFERED IN FRENCH ONLY

FREE

Le retour de l'aigle **NEW**

Why has the bald eagle made such a dramatic comeback to the park? This new talk will tell you all about this fascinating bird of prey.

Secrets de loups

Since last fall, several wolves in the park have been monitored via satellite tracking collars. This talk will explain the phases of this vast research project and the current results. The wolves will reveal their secrets... at least some of them!

Belette et compagnie

The mustelidae family is well represented among the mammals of the park. This talk gives you a better understanding of these discrete yet very active animals. Come meet this family. It's well worth knowing!

Castor bricoleur

Why do beavers build dams? Why do so many of these semi-aquatic mammals live in Parc national du Mont-Tremblant? This presentation, accompanied by pictures, will tell you all you ever wanted to know about beavers!

Lumière sur les étoiles

The starry sky is one of nature's most spectacular sights, but because of modern-day light pollution, it is increasingly difficult to see. This astronomy activity is held rain or shine. The first part takes place indoors. Then, weather permitting, we move outdoors for some stargazing.

Jeoparc !

Participate as a contestant or a spectator in this fun quiz game. JEOPARC! The televised challenge that tests your knowledge! Have fun and get a chance to win the grand prize!



Le Grand Jeu Parcs Québec

Interested in Quebec's parks? Come learn about their secrets in the company of Pat the Moose and the Parcs Québec friends!

CAMPFIRE TALKS OFFERED IN FRENCH ONLY

FREE

Histoires de loups

Gathered around a campfire, enjoy three anecdotal stories about these fascinating predators. But wolves aren't the only stars of these stories! An evening that will keep you spellbound.

Les loups ont faim! **NEW**

Let your imagination be led on a nocturnal hunt with a pack of wolves, and learn more about these fascinating predators. Will the wolves capture their prey?

Contes et légendes autochtones

Did you know that the First Nations who used to live in this area believed in "Manitou"? Perhaps he'll show himself during this activity! Come hear the tale of *Wematen's journey* to learn more.

L'INFO-NATURE BILINGUAL

FREE

It's the place to go if you want to discuss the park and its features with a warden-naturalist. Take advantage of your stay at the park to find answers to your questions.

SELF-GUIDED DISCOVERY PATHS

FREE

If you want to learn more about the park's history and nature, but on your own and at your own pace, then our nature trail discovery brochures are perfect for you! See the Hiking Guide on page 10. A discovery brochure is also available for a self-guided trip down Rivière du Diable, from Lac Chat to La Vache Noire.



DO YOU HAVE YOUR PASSPORT?

Get your passport stamped each time you attend a discovery activity. The more often you participate, the more chances you have to win a \$100 gift card from Parc national du Mont-Tremblant.

Passports given to children aged 5 to 12.

DISCOVERY ACTIVITIES

See pages 5 and 6 for more information.

On rainy days,



a park warden–naturalist will give a special presentation at the Discovery Centre at 12 p.m. More information on location.

SUMMER / June 24 to September 3rd

Between August 28 and September 1st, only activities with a reservation system are held.

Day	Sector	Time	Duration	Activity	Description	Meet-up point
Every day	Diable	10:00 a.m.	3 hrs	Méandres de la Diable guidés \$ C	Canoe	Pont – Camping de la Sablonnière
		11:00 a.m.	1 hr	L'info-nature	Group talks	Centre de découverte
		2:30 p.m.	2 hrs	Kayak de mer avec les huards \$ C	Canoe	Centre de découverte
Saturday	Diable	2:30 p.m.	2 hrs	L'aventure du Monroe \$ C	Rabaska	Centre de découverte – Rond de feu
		4:00 p.m.	1 hr	Le Mølkky du parc !	Game	Plage de la Crémaillère ¹
		6:30 p.m.	2 hrs	Marais safari \$ C	Canoe	Camping de l'Étroit - Stationnement
		8:00 p.m.	1 hr	Secrets de loups	Multimedia talks	Centre de découverte
		9:30 p.m.	1 hr	Contes et légendes autochtones	Fireside talks	Centre de découverte – Rond de feu ¹
	Pimbina	4:00 p.m.	1 hr	À table avec l'ours noir !	Game	Plage du Lac-Provost ²
		8:00 p.m.	1 hr	Les loups ont faim !	Fireside talks	Pointe du Geai-Bleu – Rond de feu ²
	L'Assomption	4:00 p.m.	1 hr	Le Mølkky du parc !	Game	Camping Grand-Pin – Chapiteau
Sunday	Diable	11:00 a.m.	1 hr	Le Mølkky du parc !	Game	Rive du Lac-Escalier
		4:30 p.m.	2 hrs	L'aventure du Monroe \$ C	Rabaska	Centre de découverte – Rond de feu
		4:00 p.m.	1 hr	Des poissons et des hommes	Game	Plage de la Crémaillère ¹
		8:00 p.m.	1 hr	Le retour de l'aigle	Multimedia talks	Centre de découverte
Monday	Diable	4:00 p.m.	1 hr	Duel des panaches	Game	Plage de la Crémaillère ¹
		8:00 p.m.	1 hr	Secrets de loups	Multimedia talks	Centre de découverte
Tuesday	Diable	11:00 a.m.	1 hr	Des poissons et des hommes	Game	Rive du Lac-Escalier
		4:00 p.m.	1 hr	À table avec l'ours noir !	Game	Plage de la Crémaillère ¹
		6:30 p.m.	2 hrs	Marais safari \$ C	Canoe	Camping de l'Étroit – Stationnement
		8:00 p.m.	1 hr	Belette et compagnie	Multimedia talks	Centre de découverte
	9:15 p.m.	1 hr	Lumière sur les étoiles	Multimedia talks	Centre de découverte	
Pimbina	4:00 p.m.	1 hr	Duel des panaches	Game	Plage du Lac-Provost ²	
Wednesday	Diable	4:00 p.m.	1 hr	Le Mølkky du parc !	Game	Plage de la Crémaillère ¹
		8:00 p.m.	1 hr	Le Grand Jeu Parcs Québec	Multimedia talks	Centre de découverte
		9:30 p.m.	1 hr	Histoires de loups	Fireside talks	Centre de découverte – Rond de feu ¹
	Pimbina	4:00 p.m.	1 hr	Le Mølkky du parc !	Game	Plage du Lac-Provost ²
		8:00 p.m.	1 hr	Contes et légendes autochtones	Fireside talks	Pointe du Geai-Bleu – Rond de feu ²
L'Assomption	4:00 p.m.	1 hr	Duel des panaches	Game	Camping Grand-Pin – Chapiteau	
Thursday	Diable	4:00 p.m.	1 hr	Des poissons et des hommes	Game	Plage de la Crémaillère ¹
		8:00 p.m.	1 hr	Castor bricoleur	Multimedia talks	Centre de découverte
Friday	Diable	4:00 p.m.	1 hr	À table avec l'ours noir !	Game	Plage de la Crémaillère ¹
		8:00 p.m.	1 hr	Jeoparc !	Multimedia talks	Centre de découverte

La Diable Sector

La Pimbina Sector

L'Assomption Sector

\$ Priced activities payable upon reservation. Please refer to pages 9-10 for description of activities and fees.

C Reservations required at the Registration Centres or by phone at 819-688-2281. Please notify us of cancellations.

¹ In case of rain, the activity will be held at the Discovery Centre.

² In case of rain, the activity will be held at the La Pimbina Registration Centre.

FALL / September 9 to October 8

La Diable Sector	Saturdays and Sundays from September 9 to October 8	Info-Nature Time from 11:00 a.m. to 1:00 p.m. at the Discovery Centre, and from 2:00 p.m. to 4:00 p.m. at the La Roche Trail.
La Pimbina Sector	Saturdays September 23 and 30 and October 7	Info-Nature Time from 11:00 a.m. to 1:00 p.m. at the La Pimbina Registration Centre.

L'Ascension



Réserve faunique Rouge-Matawin

Réserve faunique Rouge-Matawin
Accueil Saint-Michel-des-Saints

Réserve faunique Rouge-Matawin
Accueil La Macaza

Secteur de la Pimbina

Secteur de L'Assomption

Secteur de la Diable

Pimbina
Registration centre

L'Assomption
Registration centre

Discovery Centre

Lac-Monroe
Visitors Centre

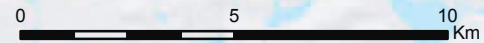
Diable
Registration centre

	Registration centre / Information		Convenience store		Road network
	Boutique Nature shop		Rustic accommodation		Trail
	Semi-serviced camping		Rental		National park boundary
	Rustic camping		First aid		Wildlife reserve boundary
	Canoe-camping		Ready-to-eat food		Conservation zone
	Cabin		Telephone		Trail reference
	Waterfall		Via ferrata		

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 :
Banque de données SÉPAQ
Cartes topographiques
à l'échelle de 1/20 000
1988-2000

Source des données utilisées :
Ministère de l'Énergie et des Ressources naturelles
© Gouvernement du Québec



Mont-Tremblant

To Saint-Faustin -
Lac-Carré

Saint-Donat-de-Montcalm

To Saint-Côme

To Saint-Michel-
des-Saints

To La Macaza

To Labelle

To Lac-Supérieur

To Saint-Donat

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HIKING TRAILS

Map Reference	Discovery	TRAILS	Length and Duration	Return Trip	Loop	Difficulty	Gradient (metres)	DEPARTURE POINT
1		La Chute-du-Diable - An unforgettable sight: a 15-metre waterfall.	1.4 km 30 min	X		E	15	Chute du Diable parking lot, 7 km north of the Discovery Centre
2		Les Chutes-Croches - With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	720 m 20 min	X		E	25	Chutes-Croches parking lot, 5 km north of the Discovery Centre
3		La Roche - A panoramic view of the glacial valley of Lac Monroe and the Mont Tremblant highlands.	5.4 km 2 hrs	X		I	250	Discovery Centre
4		La Coulée - The observation decks of La Corniche and La Roche are linked by the La Coulée trail.	8.2 km 2 h 45 min		X	I	255	Discovery Centre
5		La Corniche - Like the one at La Roche, this observation deck also offers a superb view of the Lac Monroe valley and the Mont Tremblant highlands.	3.4 km 1 h 30 min	X		I	150	La Corniche parking lot, 1.7 km north of the Discovery Centre
6		Le Lac-Poisson - Maples and yellow birches, rock faces, a solitary lake and a crystal-clear cascade.	7.4 km 2 h 30 min	X		I	180	Discovery Centre
7		Le Bois-Franc - A magnificent forest, a gently undulating landscape and a lakeside rest stop.	12.2 km 4 hrs		X	I	90	Lac Monroe Visitors Centre
8		Le Malard - After a sustained effort uphill, have a snack at the La Ouache shelter.	17.6 km 4 h 30 min		X	D	280	La Ouache parking lot
9		L'Ours - A beautiful climb up to Lac à l'Ours and then a return via La Renardière.	17.1 km 4 h 30 min		X	D	220	Discovery Centre
10		Le Toit-des-Laurentides - From the cascades of Ruisseau des Pruches to Johannsen Peak, discover the hidden face of Mont Tremblant. For the less adventurous, we suggest the 3-km round-trip to the Ruisseau des Pruches waterfall.	14.6 km 6 to 7 hrs	X		D	595	La Sablonnière parking lot, 7 km south of the Discovery Centre
11		Le Centenaire - A real gem, created for the park's 100th anniversary, this trail offers a string of spectacular views of the meanders of Rivière du Diable and of the La Boulé forests. The way back is 3.6 km on Route 1. La boucle du Centenaire - A shorter path to discover the major spectacular views.	14.3 km 4 to 5 hrs 9.6 km 3 to 4 hrs		X	D	430	La Sablonnière parking lot, 7 km south of the Discovery Centre
12		Le Lac-des-Femmes - Why do woodpeckers tap tree bark with their beaks? Where does the name Lac-des-Femmes come from? This trail and the Park Path app will answer these questions and many more.	3.1 km duration depends on stops		X	E	50	Near the Lac Monroe Visitors Centre
13		Le Lac-aux-Atocas - The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path and the brochure will tell you the history of some of these waterways.	1.5 km duration depends on stops		X	E	10	Lac Chat parking lot, 3 km south of the Discovery Centre on Route 1
19		La Boucle des Chutes-Croches - On foot or by bike, take this path around Lac Monroe and enjoy the Chutes-Croches observation deck.	13.4 km H - 4 hrs B - 1 hr		X	E	25	Discovery Centre
20		La Renardière - Short bike ride to the La Renardière shelter.	6.2 km 30 min		X	E	20	Discovery Centre
21		Le Lac-Brochet - Path leading to the La Cache shelter and Petit Lac-Caché, by way of Lac Brochet.	33.2 km 2 h 45 min	X		I	165	La Ouache parking lot
22		Le Boulé - Discover the beauty of the Rivière Boulé valley and the hidden face of Mont de la Vache Noire.	26.8 km 2 h 30 min	X		I	65	Discovery Centre
23		Le Ruisseau-aux-Mûres - Add something special to your bike ride by continuing on foot to Chute-aux-Mûres, a little-known park attraction. Departure from the campground also possible.	12.6 km	X		I	55	La Cachée Registration Centre
14		La Chute-aux-Rats - On foot or by bike, discover this all-new trail leading to one of the La Pimbina Sector's main attractions: a 17.4-metre waterfall.	9.4 km 3 hrs	X		E	25	La Pimbina Registration Centre
15		Le Carcan - This trail leads to the park's second-highest summit (883 m), on a route that passes several waterfalls.	14 km 5 to 6 hrs	X		D	435	Carcan parking lot, 13 km from the La Pimbina Registration Centre (Route 3 toward Lac des Cyprès)
17		L'Envol - Get to know the maple and yellow birch forest, which is characteristic of Parc national du Mont-Tremblant, and gaze down at the La Pimbina valley from the observation deck. A walk, a climb and a flight of fancy!	4 km 1 h 45 min	X		I	200	L'Envol parking lot, 400 m north of the La Pimbina Registration Centre
24		Le Lac-Cassagne - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	16 km		X	I	195	La Pimbina Registration Centre
25		La Descente - Stop off at the Geai-Bleu shelter to test your brakes before you begin your descent.	8.5 km 45 min		X	I	135	La Pimbina Registration Centre
16		Les Grandes-Vallées - A pleasant climb through a mature maple stand is rewarded with a view of the Lac de l'Assomption valleys.	4.6 km 2 hrs	X		I	215	Grandes-Vallées parking lot
18		Le Lac-de-l'Assomption - A delta teeming with life, the changing face of a stream, and a shelter on stilts from which you can observe great blue herons, loons and other timid bay inhabitants.	3 km 2 hrs		X	E	10	Lac-de-l'Assomption picnic area, 15 km north of the L'Assomption Registration Centre
26		La Boucle du Lac-de-l'Assomption - Discover the beauty of Lac de l'Assomption and stop for a peaceful picnic at Baie Ronde.	7 km H - 2 hrs B - 45 min		X	I	10	Lac-de-l'Assomption picnic area, 15 km north of the L'Assomption Registration Centre

La Diable Sector

La Pimbina Sector

L'Assomption Sector

Mobile application

Brochure

B - Bike

H - Hike

E - Easy

I - Intermediate

D - Difficult



FEEDING THE ANIMALS IS PROHIBITED! WHY?

Feeding a wild animal

- encourages it to beg for food
- increases the risk of it being aggressive
- increases the risk of road accidents
- encourages it to come close to humans
- attracts it to garbage, coolers, campgrounds and picnics
- makes it dependent on human food
- may cause the animal health problems
- makes it accustomed to human presence.

A wild animal that's used to humans becomes less wild.

- It raises its young near campgrounds and they learn to see humans as a source of food.
- When they grow up, they transmit this behaviour to their young.

When prey animals become used to humans, what happens to their predators?

- When they look for food, they find it...close to us!
- Then they also become used to human presence.
- They come near us.
- They are attracted to trash.
- Their life expectancy is shortened.

After a few seasons, several animal lines are no longer truly wild. Think of it this way: if 500,000 visitors each give an animal one piece of carrot, that's 500,000 carrot pieces making their way to the animals. Each of our actions has an impact.

An animal that's used to humans may have to be killed, simply because it was given food.

It's prohibited to feed or tame animals in our parks. Take the lead in our conservation efforts and educate those who feed or tame animals. Park wardens on patrol can intervene when a visitor does not respect the rules. They can witness infractions and remove rule-breakers from the park. But to do that, they need your eyes and your help.

FIND OUT MORE ABOUT CONSERVATION ISSUES IN QUEBEC'S PARKS AT

[PARCSQUEBEC.COM/BLOGUE](https://parcsquebec.com/blogue) (French only)

TO PARTICIPATE IN PARK CONSERVATION GO TO

[FONDSPARCSQUEBEC.COM](https://fondsparcsquebec.com) (French only)



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

Varied and rewarding **ACTIVITIES**

Outdoor **EQUIPMENT LOAN***

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

OUR TOP PICKS

AT PARC NATIONAL DU MONT-TREMBLANT

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

Here are a few extras we have in place for you:

- Two beaches with supervised swimming areas and swings.
- Three multi-purpose trails for family outings on foot or by bike.
- Seventeen discovery activities specially designed for the whole family. Includes 4 free water activities for children accompanied by an adult
- Via ferrata du Diable for thrill-seeking kids and teens (starting from age 8).
- Méandres de la Diable: a canoe trip the kids are sure to remember!



PARK PATH EXPLORER



A new way to **discover, explore and get to know** your park.

Interactive terminal and mobile app available at the Discovery Centre.

FREE IPOD LOAN

so you can discover while hiking!



PROUD PARTNER



DISCOVER THE PARK WITH D-TOUR:

GUIDED TOURS
TRANSPORTATION SERVICE
CUSTOMIZED ACTIVITIES

DTOURTREMBLANT.COM
819-430-TOUR (8687)

ACCOMMODATIONS

CAMPING



CAMPING

Camping in the park guarantees peaceful nights.

- For tents and recreational vehicles
- Campsites with or without services, as well as rustic camping
- Sites for the exclusive use of touring cyclists

Starting at

\$24⁷⁵ /night

HUT

Accommodations without toilet or running water.

- Community-type rentals
- Along the hiking trails
- Mattress, wood heating and dry toilet

Starting at

\$28²⁵ /night
/per adult

READY-TO-CAMP

All the joys of camping without having to lug all that equipment!

- For 4 people
- Simple, comfortable and authentic, the Huttopia tent blends into the environment

Starting at

\$102 /night

YURT

Charming and rustic accommodations with a rounded top.

- For 4 people
- Comfortable and warm
- Furnished and equipped

Starting at

\$113 /night

COMPACT CABIN

Comfortable, practical and fully equipped cabin.

- For 4 people

Starting at

\$115 /night

EXP. CABIN

Comfortable and functional, the EXP. cabins offer you intimate contact with nature.

- For 2 people
- One room, fully equipped

Starting at

\$125 /night

CABINS

We have a wide range of cabins to meet all your needs.

- For 2 to 10 people, different options
- Various types, by the water

Starting at

\$125 /night

NATURE CABIN

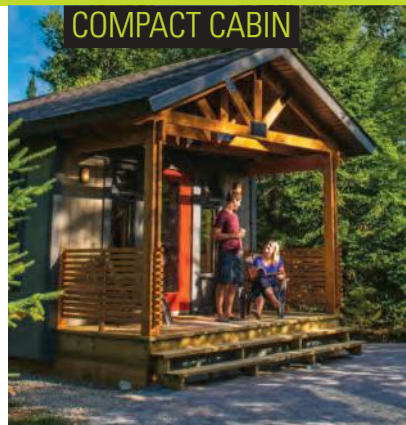
These warm and welcoming accommodations are compact but fully equipped.

- For 4 people
- Set up at the heart of the activities

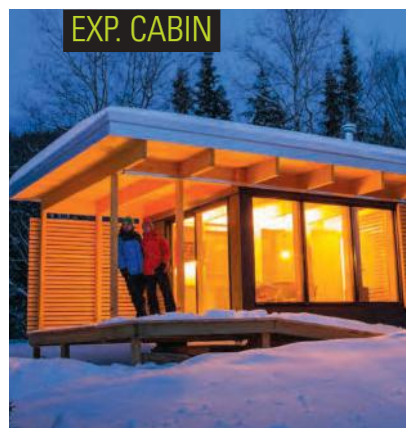
Starting at

\$149 /night

COMPACT CABIN



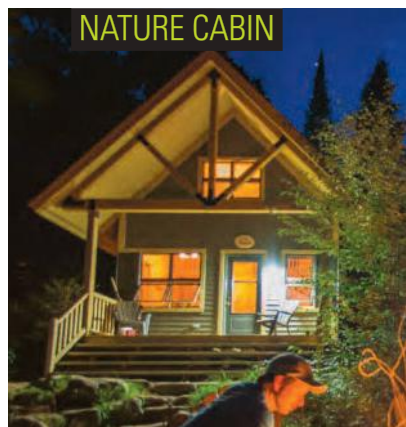
EXP. CABIN



CABIN



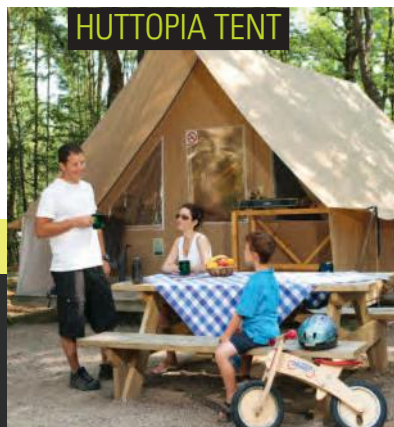
NATURE CABIN



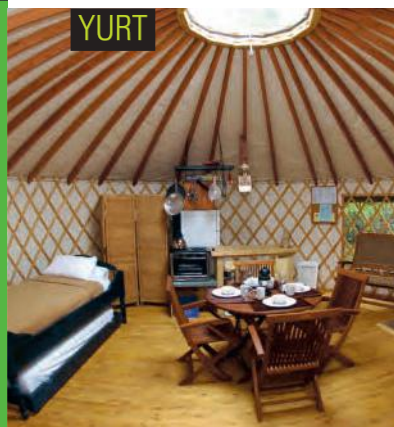
HUT



HUTTOPIA TENT



YURT



PLAY ^{IT} 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

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.

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 du Mont-Tremblant

4456, ch. du Lac-Supérieur
Lac-Supérieur (Québec) J0T 1P0
Information: 819 688-2281 | Reservations: 1 800 665-6527
Email: parc.mont-tremblant@sepaq.com
sepaq.com/tremblant

Legal Deposit: 2017
Bibliothèque et Archives nationales du Québec

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WHAT TO DO OUTSIDE THE PARK

Labelle tourist office	819 686-2606	municipalite.labelle.qc.ca
Lanaudière tourist office	1 800 363-2788	lanaudiere.ca
Laurentides tourist office	1 800 561-6673	laurentides.com
Mont-Tremblant tourist office	1 877 425-2434	mont-tremblant.ca
Saint-Côme tourist office	450 883-2730	stcomelanaudiere.ca
Saint-Donat tourist office	819 424-2833	tourismest-donat.com
Saint-Michel-des-Saints tourist office	450 833-1334	haute-matawinie.com
Station Mont-Tremblant	819 681-2000	tremblant.ca

**BOUTIQUE
NATURE**
Parcs Québec

- Wide selection of clothing and items such as tubular scarves, water bottles, etc.
- Souvenirs for kids and grown-ups
- All profits reinvested in national parks



**JOUEZ !
PLAY!**



Visitez Le Centre d'Activités pour toutes vos activités à Tremblant. Parcours de tyroliennes, rafting, équitation, escalade, dune buggy, paintball, spas, location de bateau, vols d'hélicoptère et d'avion et bien plus encore !



**LE CENTRE D'ACTIVITÉS
THE ACTIVITY CENTRE**



Réservez en ligne | tremblantactivities.com | 819 681-5519 | Station Tremblant

40 OTHER MODELS IN STORE



BELOEIL - BROSSARD - BURLINGTON - CAMBRIDGE - ETOBICOKE
LAVAL - OSHAWA - OTTAWA - QUÉBEC - VAUDREUIL-DORION - VAUGHAN

SAIL