

# PARC NATIONAL DU MONT-TREMBLANT

**Protected area. Enriching nature experiences.**

**With its 1,510 sq. km., Mont-Tremblant National Park, is the largest protected area in southern Quebec and the dean of Quebec's national parks.**

**This immense land area, which is divided into three major sectors, offers a wide range of activities and attractions enjoyable with family and friends. With hills as far as the eye can see, more than 400 lakes and 6 rivers, the park prides itself in its preservation efforts for present and future generations while generating thousands of memorable moments to live and to share.**



# OUR TEAM'S FAVORITES



Chute-du-Diable trail, La Diable sector

## Explore over 200 km. of trails

The Park's impressive network of trails will satisfy every member of the family. Four of these trails lead to lookouts with spectacular views. You will be seduced by La Roche and la Corniche (La Diable sector), l'Envol (Pimbina-Saint-Donat sector) and Les Grandes-Vallées (L'Assomption sector). Some trails even take you to day shelters that are perfect for a break or a snack! See the trail chart on page 3 for more details.



Chute-aux-Rats, Pimbina-Saint-Donat sector

## Natural waterfalls to amaze you

Come and marvel at the Park's four major and unique waterfall: Chute-du-Diable and Chutes-Croches (La Diable sector), located on accessible hiking trails and leading to observation lookouts; Chute-aux-Rats (Pimbina-Saint-Donat sector), over 17 metres high and featuring a picnic and a rest area; and Chute-aux-Mûres (La Cachée sector), with its charming little wooden footbridge.



Rivière du Diable, La Diable sector



Via ferrata du Diable, La Diable sector

## Les Méandres de la Diable

Let yourself be carried away by this winding half-day journey by canoe, kayak or stand-up paddle board. Whether you are alone, in couple or with your family, you will be at the forefront to spy on the fauna in its natural habitat. In addition, take the time to stroll and bask on the magnificent sandy and teeming shores of the rivière du Diable.

## Discover the park vertically

On a route along the rock wall of the Vache Noire mountain with breathtaking landscapes, rope bridges, footbridges and waterfalls, come and quench your thirst for freedom on these impressive heights of the park. A professional guide will accompany you on this ascent at more than 200 meters of altitude where landscapes of great beauty reign. Chills guaranteed. [Details on page 6](#)



La Crêmaillère, La Diable sector



La Renardière trail, La Diable sector

## Marvel at the infinitely large

The low light pollution makes it one of the parks located in southern Quebec where even the Milky Way can be observed. To contemplate this natural wealth, go to the Places des étoiles and make yourself comfortable on one of the observation benches.

### Tour of the Cosmos

In the fall, with the help of a powerful telescope, search for celestial bodies while deepening your knowledge of astronomy. Reservations are required.

## Trails name

		Length & duration	Diff.	Elevation (meters)	Departure point
1		<b>LA CHUTE-DU-DIABLE</b> - An unforgivable sight of Rivière du Diable: A mighty 15 meter waterfall.	I	1,6 km / 30 min round trip	E 15 Chute du Diable parking lot, 7 km north of the Discovery Centre
2		<b>LES CHUTES-CROCHES</b> - With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	I	720 m / 20 min round trip	E 25 Chutes-Croches parking lot, 5 km north of the Discovery Centre
3		<b>LA ROCHE</b> - A panoramic view of the glacial valley of Lac Monroe and the Mont Tremblant highlands.	I	5,4 km / 2 hrs round trip	Discovery Centre
4		<b>LA COULÉE</b> - The observation decks of La Corniche and La Roche are linked by the La Coulée trail. This trail is accessed via the La Roche or La Corniche trails. Return via the Boucle-des-Chutes-Croches	I	8,2 km / 2 h 45 loop	Discovery Centre, via the La Roche trail or at the La Corniche parking lot
5		<b>LA CORNICHE</b> - Like the one at La Roche, this observation deck also offers a superb view of the Lac Monroe valley and the Mont Tremblant highlands.	I	3,4 km / 1 h 30 round trip	I 150 La Corniche parking lot, 1,7 km north of the Discovery Centre
6		<b>LE LAC-POISSON</b> - Maples and yellow birches, rock faces, a solitary lake and a crystal-clear cascade. To discover!	I	7,4 km / 2 h 30 round trip	Discovery Centre, via the La Roche trail
7		<b>LE BOIS-FRANC</b> - A magnificent forest, a gently undulating landscape, the La Hutte hut and a lakeside rest stop.	I	8,5 km / 3 hrs loop	I 90 500 m south of the Lac Monroe Services Centre, take the Le Boulé trail.
8		<b>LA OUACHE</b> - After a challenging climb, have a snack at La Ouache cabin. A succession of sustained climbs and false flats to La Ouache refuge.	I	7 km / 2 hrs round trip	I 200 La Ouache parking lot, 5 km south of the Discovery Centre
9		<b>L'OURS</b> - A beautiful climb up to Lac à l'Ours and then a return via La Renardière.	I	2,9 km / 1 h 30 round trip	Discovery Centre; via Boucle-des-Chutes-Croches trail
10		<b>LE TOIT-DES-LAURENTIDES</b> - From the cascades of Ruisseau des Pruches to Johannsen Peak, the highest peak in the Laurentians, discover the hidden face of Mont Tremblant. For the less adventurous, we suggest the 3 km round-trip to the Ruisseau des Pruches waterfall.	D	14,6 km / 6 to 7 hrs round trip	D 595 La Sablonnière parking lot, 7 km south of the Discovery Centre
11		<b>BOUCLE DU CENTENAIRE</b> - A true gem created for the park's 100th anniversary. This trail offers a string of panoramic views of the meandering Diable River and the Boulé forests.	D	11,6 km / 3 to 4 hrs loop	D 430 Stationnement de la Sablonnière; 7,5 km au sud du Centre de découverte
12		<b>LE LAC-DES-FEMMES</b> - A short, family-friendly loop that's perfect for beginners. You'll walk through a magnificent forest and be able to take in the views of the Lac des Femmes. A walk in a magnificent forest where signs of the presence of beavers are clearly felt.	E	3,1 km duration depends on stops loop	E 50 Near the Lac-Monroe Visitors Centre, toward the totems of Place du Centenaire
13		<b>LE LAC-AUX-ATOCAS</b> - The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path will tell you the history of some of these waterways.	E	1,5 km duration depends on stops loop	E 10 Lac Chat parking lot, 3 km south of the Discovery Centre
19		<b>LA BOUCLE-DES-CHUTES-CROCHES</b> - On foot or by bike, take this path around Lac Monroe and enjoy the Chutes-Croches observation deck.	E	13,4 km H - 4 hrs / B - 1h30 loop	E 25 Discovery Centre or Lac Monroe Visitors Centre
23		<b>LA PISTE-DU-LOUP</b> - This new trail now links the Lac-Monroe Service Centre to the Lac-Chat sector. Bordering a small section of the Petit-Lac-Monroe, it takes you to a resplendent vue of a mature maple stand as well as to the small cascades of the Rivière du Diable.	E	6,8 km H - 1h / B - 30 min round trip	E 25 Lac-Monroe Service Centre or the Lac-Chat parking lot
20		<b>LE RUISSEAU-AUX-MÛRES</b> - 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.	I	7,6 km 1h30 round trip	I 55 La Cachée Registration Centre
24		<b>LE CERF</b> - Overlooking Lac Caché, this path crosses a mountain of maple stands with threatened hemlocks. A huge stone left by the passing of the glaciers is a nice stop during a climb.	E	1 km / 15 min round trip	E 15 La Cachée Registration Centre
14		<b>LA CHUTE-AUX-RATS</b> - On foot or by bike, discover this trail leading to one of the La Pimbina-Saint-Donat's main attractions: a 17.4-metre waterfall.	E	9,4 km H - 3 hrs / B - 1h 15 round trip	E 25 Pimbina-Saint-Donat Registration Centre
15		<b>LE CARCAN</b> - This trail leads to one of the highest peaks in the park (883 m), on a route that passes several waterfalls.	D	14 km / 5 to 6 hrs round trip	D 435 Carcan parking lot, 13 km from the Pimbina-Saint-Donat Registration Centre (Route 3 toward Lac des Cyprès)
17		<b>L'ENVOL</b> - 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!	I	4 km / 1h45 round trip	I 200 L'Envol parking lot, 400 m north of the Pimbina-Saint-Donat Registration Centre
21		<b>LE LAC-CASSAGNE</b> - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	I	17,1 km 1h45 to 2 hrs loop	I 195 Pimbina-Saint-Donat Registration Centre
25		<b>LE RENARD</b> - This little trail along an ancient forest path joins the Lac-des-Sables hut. It also crosses through a spruce forest with a mossy floor. The forests are young and filled with chokeberry.	E	1,3 km / 15 min round trip	E 25 Lac-des-Sables Camping
16		<b>LES GRANDES-VALLÉES</b> - A pleasant climb through a mature maple stand is rewarded with a view of the Lac de L'Assomption valley.	I	4,6 km / 2 hrs round trip	I 215 Grandes-Vallées parking lot, located 9,4 km north of the L'Assomption Registration Centre
18		<b>LE LAC-DE-L'ASSOMPTION</b> - A delta teeming with life, the changing face of a stream, and a shelter on stilts where you can observe great blue herons, loons and other timid bay inhabitants.	E	3 km / 2 hrs loop	E 10 Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre
22		<b>LA BOUCLE-DU-LAC-DE-L'ASSOMPTION</b> - Discover the beauty of Lac-de-L'Assomption and stop for a peaceful picnic at Baie Ronde.	I	7 km H - 2 hrs / B - 45 min loop	I 10 Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre

F Easy

I Intermediate

D Difficult

Family experience

Dogs allowed

H-Hiking

B-Bike

MB-Mountain biking

La Diable sector

Pimbina-Saint-Donat sector

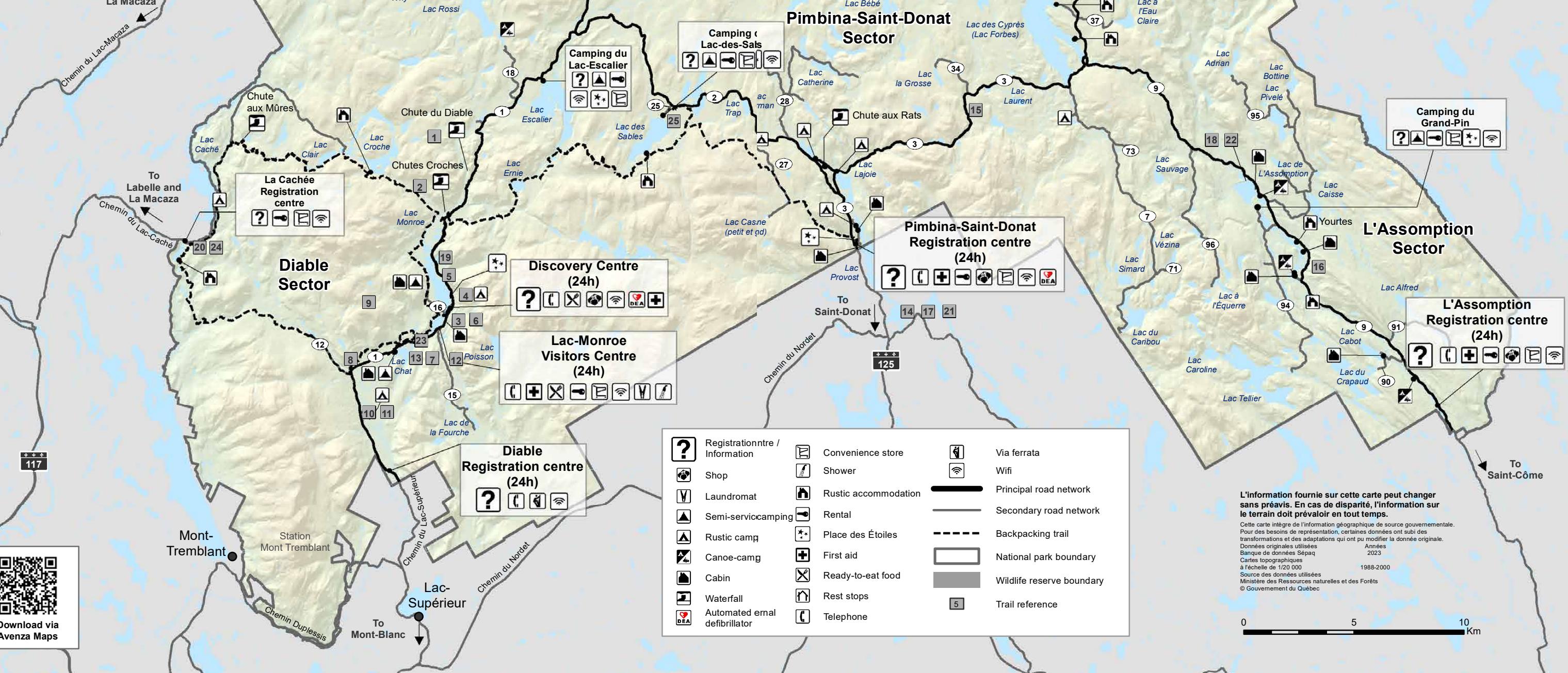
L'Assomption sector



### In case of emergency

Telephones are available in the 24-hour sections of the La Diable Registration Centre, the Lac Monroe Visitors Centre, the Discovery Centre, as well as at the Pimbina-Saint-Donat and L'Assomption Registration Centres.

**Defibrillator** available at the Discovery Centre and at the Pimbina-Saint-Donat Registration Centre.



Download via  
Avenza Maps

0 5 10 Km

# DISCOVERY TIME



## The via ferrata du Diable

### Circuits and rates

**Excursion : 3.5 hrs**

**Intermédiaire : 5 hrs**

**Grande Virée : 5.5 hrs**

**Meet up:** La Diable registration centre (La Diable sector). Reservation required

### Important

- Min. height: 1.4 metres (4' 6")
- Min. ages: 11 for the Excursion and 14 for other circuits
- Max. weight: 110 kg (242 lbs)
- Max. 8 people per departure

## Exploring on two wheels

Hop on your bike and head for one of the four multifunctional trails specially adapted for the whole family. The Boucle-des-Chutes-Croches and the Piste-du-Loup in the La Diable sector, the Chute-aux-Rats in the Pimbina-Saint-Donat sector and the Boucle-du-Lac-de-L'Assomption in the L'Assomption sector are sure to impress you during your getaway.

### Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge. The offer varies from one establishment to another.

Bicycles are available for rent at one of our rental centres. Quantities are limited.

## Fishing is our heritage

Come tease pikes, trouts or yellow perches with your family for a day. Is this your first time? The vast majority of our fishing lakes are available by reservation. We invite you to consult our fishing offer for the season on our website. However, some bodies of water are available without reservation, such as Lac Monroe in the Diable sector, Lac Provost in the Pimbina-Saint-Donat sector and Rivière l'Assomption in the L'Assomption sector. Fishing authorization required. Find out more at our various registration centers and at the Discovery Centre.

## Take a break on the sandy shores

Abundant, unique and suitable for picnics, the many sandy shores of the various lakes and rivers allow you to relax and enjoy the moment with your feet in the water.

### Nautical and bike rental is possible throughout the park.

Visit one of our rental centers:

**La Diable sector:** Lac Monroe and lac Escalier

**Pimbina-Saint-Donat sector:** Lac des Sables and Lac Provost (Lac Provost will be closed as of September 5, 2023 for upgrades).

**L'Assomption sector:** Lac de L'Assomption and Grand-Pin

**Equipment rentals:** Canoe | Single kayak | Double kayak | Stand-up paddleboard | Pedal boat 2 and 4 places | Rowboat | Bike | Child trailer

Visit [sepaq.com](http://sepaq.com) for rates.



## Discovering Lac de L'Assomption

This canoe trip on one of the Park's most beautiful lakes is sure to be an unforgettable experience! The boating excursion is guided by a Park Ranger in the L'Assomption sector. Reservations required.

## 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)

## Park Ranger Apprentices

A unique opportunity for young people aged 7 to 12 to learn what Park Rangers do and be part of a camping patrol! One accompanying adult per family. Reservations required.

## Discovery activities

**Check out the detailed program**  
(in french only)

It will describe entertaining ways to explore the park from every angle under the sun. What a great way to enrich your visit and to make all sorts of surprising discoveries!



mission  
**RECHERCHE**

## Mission Recherche - NEW !

Will you be able to complete the Mission? A park ranger invites you to take on several citizen science challenges. Put your passion for nature to good use and discover tools that could be useful during your next adventure in the forest. A cell phone or digital camera is required for this activity. For an optimal experience, we recommend downloading the iNaturalist application on your smartphone. On your marks, get set, discover!

## Sea kayaking with the loons

Enjoy a unique sea kayaking experience on Lac Monroe and let the song of the common loon enchant you. The boating excursion is guided by a Park Ranger in the La Diable sector. Reservations required.



# GUIDED DISCOVERY ACTIVITIES 2023

In French only, except for Kayak de mer avec les huards - Detailed description on last page

SPRING • May 20 to June 18

Day	Sector	Start	Duration	Activity	Type	Appointment
Saturday	Diable	1p.m.-3p.m.	Ad Lib.	Mission recherche	Rallye nature	Centre de découverte
		7:30 p.m.	1 hr.	Plumes et jumelles	Causerie multimédia	Centre de découverte
Sunday	Diable	11 a.m.	1 hr.	Camper avec le cerf de Virginie	Causerie multimédia	Centre de découverte

SUMMER • June 23 to September 3

Saturday	Diable	9 a.m.	1 hr. 15	R Apprentis garde-parc	7 à 12 ans	Bloc sanitaire du Chevreuil
		8 p.m.	1 hr.	SOS Chauves-souris	Causerie multimédia	Centre de découverte
		9:30 p.m.	1 hr.	Histoires d'ours	Causerie autour du feu	Centre de découverte – Rond de feu
	Pimbina-Saint-Donat	8 p.m.	1 hr.	Histoires d'ours	Causerie autour du feu	Pointe du Geai-Bleu – Rond de feu <sup>1</sup>
		11 a.m.	1 hr.	À table avec l'ours noir !	Jeu grand public	Centre de location du Grand-Pin
	L'Assomption	1:30 p.m.	2 hr.	\$ C À la découverte du lac de L'Assomption	Canot	Aire de pique-nique du Lac-de-L'Assomption
		6:30 p.m.	2 hr.	\$ C Marais safari	Canot	Camping de l'Étroit - Stationnement
Sunday	Diable	8 p.m.	1 hr. 15	Pourquoi les loups ?	Causerie multimédia	Centre de découverte
Monday	Diable	2:30 p.m.	2 hr.	\$ C Kayak de mer avec les huards	Kayak de mer	Centre de découverte
		8 p.m.	1 hr.	Camper avec le cerf de Virginie	Causerie multimédia	Centre de découverte
		9:30 p.m.	1 hr.	Lumière sur les étoiles	Causerie multimédia	Centre de découverte
Tuesday	Diable	3 p.m.	1 hr.	La vie la nuit	Jeu grand public	Camping du Lac-Escalier
		6:30 p.m.	2 hr.	\$ C Marais safari	Canot	Camping de l'Étroit - Stationnement
		8 p.m.	1 hr.	Castor bricoleur	Causerie multimédia	Centre de découverte
		9:30 p.m.	1 hr.	Histoires d'ours	Causerie autour du feu	Centre de découverte – Rond de feu
Wednesday	Diable	10am.-12p.m.	Ad Lib.	Mission recherche	Rallye nature	Centre de découverte
		14:30 p.m.	2 hr.	\$ C Kayak de mer avec les huards	Kayak de mer	Centre de découverte
		4 p.m.	1 hr.	La vie la nuit	Jeu grand public	Plage de la Crêmaillère <sup>2</sup>
		8 p.m.	1 hr.	Plumes et jumelles	Causerie multimédia	Centre de découverte
	Pimbina-Saint-Donat	3pm.-5pm.	Ad Lib.	Un parc à découvrir !	Info-nature	Plage du Lac-Provost <sup>1</sup>
Thursday	Diable	8 p.m.	1 hr.	Histoires d'ours	Causerie autour du feu	Pointe du Geai-Bleu – Rond de feu <sup>1</sup>
Friday	Diable	6:30 p.m.	2 hr.	\$ C Marais safari	Canot	Camping de l'Étroit - Stationnement
		8 p.m.	1 hr. 15	125 ans d'histoire	Causerie multimédia	Centre de découverte
	Pimbina-Saint-Donat	10am.-12p.m.	Ad Lib.	Mission recherche	Rallye nature	Accueil Pimbina-Saint-Donat
	Diable	2:30 p.m.	2 hr.	\$ C Kayak de mer avec les huards	Kayak de mer	Centre de découverte
		8 p.m.	1 hr.	Secrets de loups	Causerie multimédia	Centre de découverte

AUTOMN • September 4 to October 8

Everyday except Monday and Friday	Diable	1 p.m.	1hr. 30	Une rando haute en couleurs	Randonnée pédestre	Centre de découverte
Saturday	Diable	7:30 p.m.	1 hr.	Histoires d'ours	Causerie autour du feu	Centre de découverte – Rond de feu <sup>2</sup>
	Pimbina-Saint-Donat	3pm.-5pm.	Ad Lib.	Un parc à découvrir !	Info-nature	Accueil Pimbina-Saint-Donat
Wednesday	Diable	7:30 p.m.	1 hr.	Camper avec le cerf de Virginie	Causerie multimédia	Centre de découverte
Wednesday & Thursday	Diable	8:30 p.m.	1 hr. 30	\$ C Visite du cosmos	Astronomie	Centre de services du Lac-Monroe

<sup>1</sup> Fee-based activity payable upon reservation. For fees, see the description of the guided discovery activities.

<sup>2</sup> Reservation form on site at the comfort station of the Chevreuil campsite.

To be completed by participants in the week prior to the activity.

<sup>3</sup> Reservations are required at the Registration Centres or 819-688-2281. Please notify us if you wish to cancel.

<sup>4</sup> In case of rain, the activity will take place at the Pimbina-Saint-Donat entrance kiosk.

<sup>5</sup> In case of rain, the activity will take place at the Discovery Centre.



On rainy days

Park Ranger will give a special presentation at the Discovery Centre at 12 noon. The activity will be announced the same day at the Discovery Centre



## Randonnées nautiques guidées

Gratuit pour les 17 ans et moins (Accompagnés d'un adulte. Ne s'applique pas aux groupes de jeunes)

KAYAK DE MER AVEC LES HARDS

Bilingue • âge minimum : 7 ans

\$ 49,95 / adult

Fendez les eaux du lac Monroe en kayak de mer lors de cette excursion guidée par un garde-parc naturaliste. Les splendides paysages de la vallée de la Diable, tout comme le chant envoûtant du plongeon huard, vous émerveilleront à coup sûr ! Les enfants de 7 à 14 ans doivent être jumelés dans le kayak avec un adulte.

MARAI SAFARI

Accédez à l'un des habitats les plus riches du parc lors de cette randonnée guidée en canot au crépuscule. Observation d'animaux garantie !

\$ 11,95 / adult

À LA DÉCOUVERTE DU LAC DE L'ASSOMPTION

Embarquez-vous dans cette aventure et venez explorer le lac de L'Assomption avec un garde-parc naturaliste. Cette excursion en canot sur l'un des plus beaux lacs du parc vous réserve de belles découvertes !

\$ 11,95 / adult

## Causeries multimédia

Free

POURQUOI LES LOUPS ?

Les loups sont essentiels pour la santé des forêts. Mais quel rôle jouent précisément ces grands prédateurs dans l'équilibre des écosystèmes ?

LUMIÈRE SUR LES ÉTOILES

Saviez-vous que le parc met en œuvre plusieurs actions pour contrer la pollution lumineuse sur son territoire ? Le ciel étoilé, un spectacle grandiose, nécessite aussi des efforts de conservation. Cette activité d'initiation à l'astronomie se déroule à l'intérieur et est suivie, si la météo le permet, d'une période d'observation des étoiles.

125 ANS D'HISTOIRE

Vivez l'époque de l'exploitation forestière, des clubs privés de chasse et de pêche et les balbutiements du camping à travers ce voyage dans le temps qui vous laissera bouche bée !

CAMPER AVEC LE CERF DE VIRGINIE

Parmi les grands mammifères du parc, le cerf de Virginie est sans aucun doute le plus facile à observer. Est-ce que ces rencontres sont toujours sans danger pour l'humain et le cervidé ?

PLUMES ET JUMELLES - NOUVEAU !

Plongez dans l'univers fascinant des oiseaux tout en apprenant les rudiments de l'ornithologie à travers cette causerie multimédia sur la faune aviaire du parc.

SECRETS DE LOUPS

Pour protéger une espèce, il est essentiel de bien la connaître. Découvrez en images les étapes d'un projet de recherche d'envergure sur les canidés du parc, dans lequel plusieurs loups ont été suivis par satellite au moyen de colliers émetteurs.

CASTOR BRICOLEUR

Pourquoi le castor construit-il un barrage ? À quel endroit au parc est-il possible d'observer ce rongeur semi-aquatique ? Assistez à cette causerie pour tout connaître sur cet animal emblématique.

SOS CHAUVES-SOURIS

Depuis la nuit des temps, les chauves-souris peuplent nos histoires nocturnes. Ces petits mammifères volants vivent aujourd'hui un déclin important. Cette épopee passionnante démasquera ces belles ténèbreuses !

## Jeux grand public

Free

À TABLE AVEC L'OURS NOIR !

L'appétit d'un ours noir est-il à la hauteur de sa réputation ? Amusez-vous à devenir son chef cuisinier pour en apprendre plus sur ce mammifère représentatif du parc.

LA VIE LA NUIT

La pollution lumineuse est-elle aussi néfaste pour l'écologie que pour l'astronomie ? Quel est l'impact de la lumière artificielle sur les animaux ? Participez à ce jeu familial sur la faune nocturne du parc pour le découvrir !

## Rallye nature

Free

MISSION RECHERCHE - NOUVEAU!

Serez-vous en mesure de relever les défis permettant de compléter la Mission Recherche ? Un cellulaire ou un appareil photo numérique est requis pour cette activité. Si possible, télécharger l'application iNaturalist sur votre téléphone intelligent au préalable. Début et durée de l'activité à votre convenance. À vos marques, prêts, découvrez !

## Causeries autour d'un feu de camp

Free

HISTOIRES D'OURS - NOUVEAU SECTEUR DIABLE !

Est-ce que l'ours noir est un animal dangereux pour l'humain ? Ces histoires d'ours autour du feu vous tiendront en haleine jusqu'à la fin !

## 7 à 12 ans

> Activité sur réservation

APPRENTIS GARDE-PARC

Une chance unique pour les jeunes de 7 à 12 ans de découvrir le métier de garde-parc et de participer à une patrouille de camping ! Un adulte accompagnateur par famille.

## Info-nature

Free

UN PARC À DÉCOUVRIR !

Venez rencontrer les gardes-parc naturalistes pour échanger sur leurs coups de cœur parmi les activités offertes. Vous découvrirez du même coup les animaux vedettes du parc à l'aide de plusieurs écofacts tels qu'animaux naturalisés, crânes, panaches, fourrures, etc.

## Randonnée pédestre guidée

Free

UNE RANDO HAUTE EN COULEURS

Découvrez le parc en automne et admirez les superbes paysages qu'offre la chaîne de montagne des Laurentides. La randonnée guidée se termine au belvédère de la Roche. Apporter votre lunch ou une collation !

## Astronomie

\$ 4,95 / adult

Free between 12 and 17 years old\* (\*Accompanied by an adult; does not apply to youth groups.)

> Activité sur réservation - Âge minimum 12 ans

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# CONSERVATION

## List of activities offered and authorized at the park

Under Quebec's Parks Act, every person who stays, travels or engages in an activity in a park must adhere to the list of activities offered in the park. Activities that do not appear on the list are simply not authorized. For example, rock climbing, mushroom picking, and operating a drone are prohibited activities.

You must at all times carry proof of authorization to access the park.

To view the official list, scan this QR code:



## Main activities permitted in summer at Mont-Tremblant National Park

### Quoi Descriptions



**April to November:** All trails marked on the park map.



**Mid-May to mid-November:** All trails marked on the park map and roads, including those closed to vehicle traffic. Maximum speed 20 km/h. Authorized vehicles: 2- or 3-wheeled bicycles; motorized mobility aids (three- or four-wheeled scooters, motorized wheelchairs); electric bicycles (max. 750 W and 26" wheels or bigger).



**May to October:** All accessible lakes and rivers in the park. All islands are surrounded by a 15-m loon protection zone and a 200-m heron protection zone (marked by buoys).



According to Québec's general sport fishing rules applicable to zone 15, including current exceptions.

Fishing permit required.



**Mid-May to mid-October:** Lac Lauzon, Lac Hélène and Lac à l'Eau Claire.



**At all times:**

- Berry picking in the natural environment zone only.
- It is forbidden to leave the trails and walking areas.
- For personal consumption only.



## Instructions for boats, nautical and fishing equipment.

To protect the lakes in the park from invasive alien species, it is mandatory to clean, empty and dry all boats and nautical and fishing equipment.



### Cleaning up

Clean your boats and equipment after each use.



### Emptying boats

Empty all the water out of your boat onto dry land, including buckets and coolers.



### Drying boats

Dry your boats and equipment thoroughly.

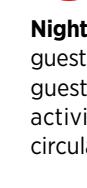
## Curfew and peace and quiet



**Curfew :** Curfew is from 11 p.m. to 8 a.m. Between these hours, you must abstain from making any noise that could be heard from the neighbouring sites.



**Peace and quiet :** Because people visit the parks to relax or enjoy nature, it's important to keep noise at a level acceptable to everyone. Music is prohibited at all times, and headphones are mandatory.



**Night driving:** After 10 p.m., driving is restricted to essential travel for guests. Visitors are welcome between 7 a.m. and 10 p.m. However, park guests can circulate on foot until midnight to take part in stargazing activities at Places des étoiles. Guests with a fishing permit can circulate on foot starting at sunrise.

## Protecting the night sky when camping



Mood lighting (string lights), night lights, and projectors are prohibited. Emergency lighting is an exception.



© Ville de Sherbrooke

The spiny waterflea is a zooplankton native to Eurasia that is currently invading lakes across Québec. Highly aggressive, it outcompetes native species for food. With its long spine and poor nutritional value, it wreaks havoc on populations of plant-eating fish. **The eggs are not drought-resistant, hence the importance of drying your boats and nautical equipment after getting out of a lake.**

## Regulatory reminder The following activities are forbidden:



Feeding, handling, molesting or taming animals (e.g. ducks, frogs, tadpoles).



Bringing animals other than guide dogs and leashed dogs to designated areas.



Cutting, removing bark, mutilating or collecting trees, shrubs, flowers, mushrooms and any other plants, whether dead or alive:



Collecting dead or living wood from the forest to start or maintain a fire or for any other purpose.

# CONSERVATION FOR TOMORROW



**Discover what's happening behind the scenes** Stars in your eyes, birds songs in your ears...Dive into the fascinating world of initiatives to protect our natural treasures. (in French only)

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

## Browse the L'envers du décor newsletter

For captivating articles highlighting the mission of our national parks (in French only).



Photos: Alexandre Lavoie, Mathieu Dupuis, Michaël Rondeau, Steeve Deschênes, Stéphane Audet, François Couillard et Shutterstock.



Parc national du Mont-Tremblant  
[sepaq.com/mont-tremblant](http://sepaq.com/mont-tremblant)

## 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.

### Our Starry Sky

On a cloudless night, you will have the chance to observe the Milky Way. Being concerned about conservation also means taking an interest in light pollution. For the past four years, the park has been working to preserve the integrity of the park's nocturnal environment but also to guarantee visitors beautiful starry nights. Nearly 80% of the park's outdoor lighting now complies with the highest standards of light pollution control. In addition to our animated astronomy programming, interpretive panels on light pollution and astronomy are installed at the Places des étoiles sites. These observation sites are identified on pages 4 and 5. Our goal is to achieve official International Dark Sky Park status through these small actions.

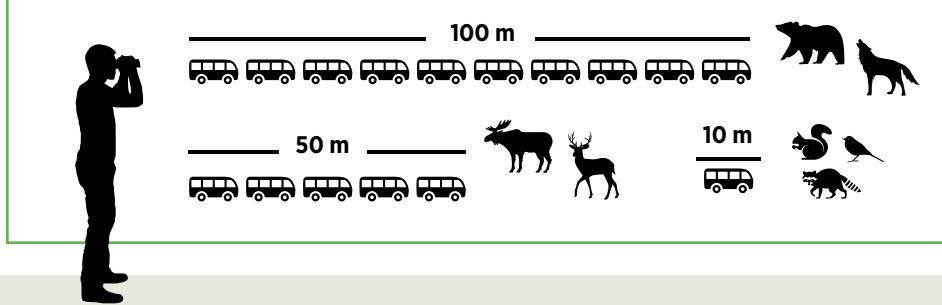
### Living with wild animals: give them space

When you visit a national park dedicated to conservation and accessibility, you are in a place that belongs to the wildlife. Thousands of visitors try to approach or feed the park's animals so that they can get a closer look at them. Did you know that that changes their behaviour dramatically? They become more habituated, dependent and vulnerable. All too often, they are also victims of road accidents. A wild animal must remain wild to live a healthy life. Stay back the recommended distance when viewing wild animals. Do not offer them food, and do not attempt to be friendly with them.



When taking pictures of an animal, do not surround it, invade its space or follow it. Use a telephoto lens, or photograph it in its natural setting and enlarge the image later.

#### Stay this far away



## 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.