

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 strategic location and resources (including Touladi chert) made it an important crossroads for First Nations. 54 archaeological sites bear witness to this. Meet our archaeologist to find out what the artifacts have to say.



FRENCH ONLY - AVAILABLE AT THE VISITORS CENTRE



Grey Owl in comics

Between 1928 and 1931, on park land, Grey Owl made his debut as an author. This comic strip pays tribute to the legendary woodsman who inspired the public with his messages of nature conservation.



Curieux de nature trail



Sandy shore



Everything for Families!

A family-friendly sector, Grand-Lac-Touladi offers a wide range of activities.

A sandy shore for water sports, boat rentals, picnic areas, walking trails, sunsets, animated activities for families... not forgetting the famous Curieux de nature trail, a 720 m path designed with children in mind and dotted with physical challenges and games.



Picnic area

A day at Grand lac Touladi...
Where the most beautiful summer memories are made!

DISCOVER OUR TRAILS

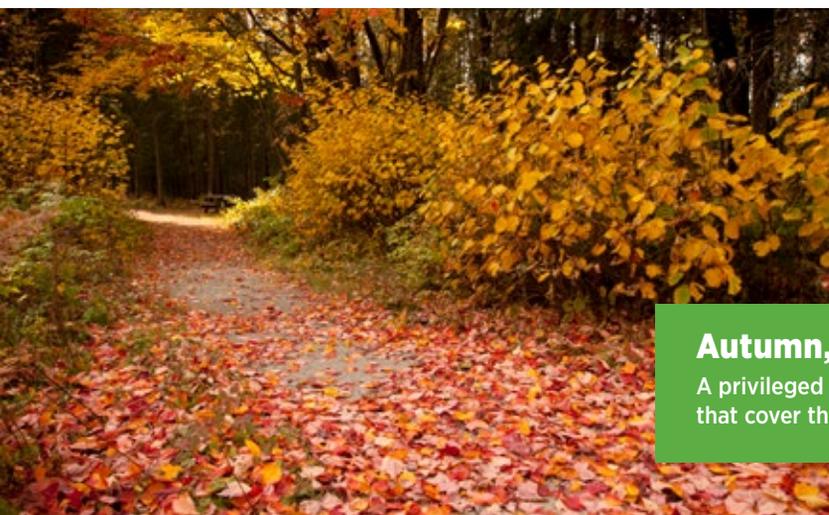


Picnic tables are located at all park trails, allowing you to easily stop for a snack!

HIKING AND BIKING TRAILS		DISTANCE AND DURATION*		LEVEL	TRAILHEAD
	Montagne-du-Fourneau - With a pine forest classified as an “exceptional forest ecosystem” and panoramic views of Lake Témiscouata and the surrounding area, this trail is a must! NEW! Dogs are now allowed on this trail.	5.8 km loop	2-hour	Interm.	Anse-à-William Discovery and Visitors Centre (DVC)
	Rivière-des-Mémoires - Go back in time while hiking 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
	Sutherland - Enjoy the view of Rond lake and cross a boardwalk over a magnificent marsh to reach the famous Sutherland falls (cover photo).	6 km Out-and-back	2½-hour	Easy	Sutherland parking area
	Montagne-de-Chert - 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
	Draveur - 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
	Grey Owl - 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
	Vieux-Quai - 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
	Grands-Pins - 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
	Crépuscule - 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
	Belvédères - To discover Lake Témiscouata from different viewpoints, this trail links together the Crépuscule trail and the Grands-Pins trail.	1.8 km Out-and-back	35 to 50 minutes	Interm.	Grands-Pins VC
	National Trail - Long-distance hikers can cross the park's territory and its various ecosystems on 37 km of sport trails. Level: Intermediate. Lodging available in camping, rustic camp or ready-to-camp. Major maintenance work have been carried out in 2023, with more to come in 2024 for sections outside the park.				
	Cycling Route - 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



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.

DISCOVERY TIME



The Touladi Lakes



FORT INGALL
SITE HISTORIQUE

Fort Ingall **ENGLISH AUDIO-GUIDES AVAILABLE ON SITE**

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:** Approx. 2 hours
Leaving: 9:15 a.m. and 11:00 a.m. **Cost:** \$29.50 per adult and \$6.50 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 schedule.**



Water Shuttle and Ferry

L'Épinoche: the park's water shuttle

Water shuttle for hikers and cyclists (dogs allowed) linking Anse à William in the national park to Témiscouata-sur-le-Lac (Cabano district).

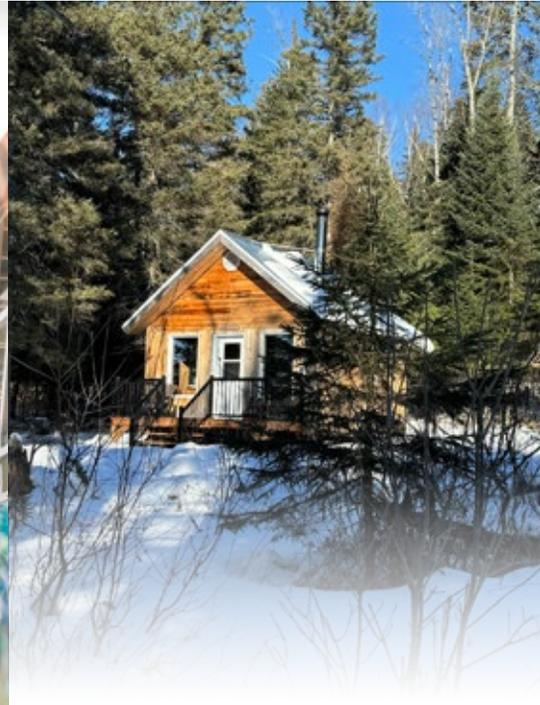
- Crossing takes 15 minutes (one way)
- Provides access to the Petit-Témis bike path (Route Verte 8)
- From June 21 to September 2, 2024

Reservations required at 418 855-5508, ext. 0

NM Corégone ferry

Car, bicycle, and pedestrian ferry linking Saint-Juste-du-Lac to Témiscouata-sur-le-Lac (Notre-Dame-du-Lac district).

Consult the schedule at traversedutemiscouata.com



Curé-Cyr Rustic Camp

A haven of peace overlooking Lake Témiscouata

- Available year-round
- May to October, accessible on foot or by bike from Anse à William (0.8 km) or from the St-Juste entrance (4.7 km)
- November to April, accessible by snowshoe or cross country ski only from the St-Juste entrance (4.7 km)
- Exclusive rental for 4 people
- Located near the lake, along the Grey-Owl trail



L'Épinoche water shuttle



NM Corégone ferry



Participate in our discovery activities!



Discover Archaeology

Take advantage of your stay in the park to discover archaeology! Whether it's taking part in a real dig, making your own stone arrowhead, or joining a conference by our archaeologist.

Field Trip in Nature

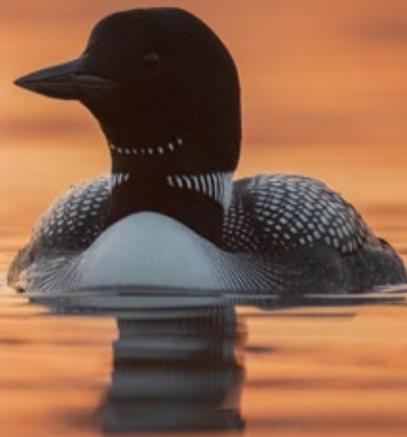
In a rabaska on the Touladi lakes or at a guided hike on the Montagne-du-Fourneau, discover the park in depth. These are perfect opportunities to contemplate and connect with nature.

Extraordinary Flora and Fauna

The park boasts a surprising diversity of flora and fauna.

To discover it, 4 activities are offered:

- Introduction to ornithology;
- Discover the bald eagle;
- S.O.S bats;
- The mussels are worried (those fragile freshwater ones).



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

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, has been confirmed in Lake Témiscouata. This highly prolific species is upsetting the lake ecology. We need your help in preventing it from spreading to other bodies of water. The park has 3 cleaning stations for light watercraft. **Find out more at the Visitors Centres.**

Pour plus d'information: zebramussel.info

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



Archaeological Dig

Thanks to a partnership with Artefact Urbain, a company specializing in cultural promotion, one of the largest known archaeological sites in the park will be dug in 2024. This site bears witness to the pre-colonial Aboriginal presence. We're excited to discover the archaeological story that has been buried here for thousands of years.

Interested in Lake Témiscouata and its watershed? Consult the **Lake Témiscouata Health Log**, produced by the *Organisme de bassin versant du fleuve Saint-Jean*:

obvfleuvestjean.com/etudes
(French only)

5 good practices to adopt in nature

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.



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*.

