



SÉPAQ

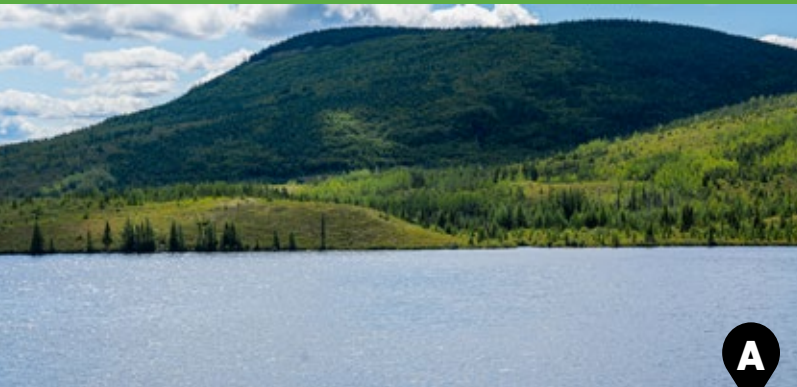
# PARC NATIONAL DES GRANDS-JARDINS

**Protected area. Enriching nature experiences.**

**Discover a land of  
legendary adventures,  
a protected area with a  
Nordic character.**

**Admire the high peaks,  
camp in the hollow of a  
glacial valley, fish in the  
many cold water lakes  
or simply remain silent  
in front of the endless  
horizons of the taiga,  
fragile and rare at our  
latitude.**

# TEAM PICKS

**A**

## Meet-up with waves & water

Explore the Lake Arthabaska–Wabano Dam circuit by canoe, kayak or paddleboard! The 4-hr return trip introduces you to several aquatic habitats, home to rich and diverse flora and fauna. To assist you is our handy self-guided tour map, available at the Arthabaska Discovery and Visitors Centre.

**B**

## In Winter, Rule the High Plateaux!

At Thomas-Fortin building, lift sail on the endless beauty of Nordic landscapes showcasing forests of taiga and conifers. Add magic by pairing your pristine snowshoe or alpine touring escapade with overnight stays in our rustic chalets, by frozen lakes. A 20 km loop that's sure to refresh the spirit!

**C**

## Two Feet in a Wildfire Burn Area

A 10.2 km trek that meanders through a 1991 wildfire burn zone brings to life les Grands-Jardins' true character. Unparalleled views of lakes, mountains, and an incursion into the boreal forest. Make a date with peacefulness, loveliness and wonder.

**D**

## The Fish Are Jumping in Grands-Jardins Park

Yum! Trout native to the boreal forest waterways! To the great pleasure of amateurs, several lakes and sections of river are open to anglers with a day pass, all summer long. Solo or with your family, set aside some time and come experience the peacefulness of the park.

**E**

## The Via Ferrata, A Different Type of Hike!




Feel like surpassing yourself, and discovering the park differently? Take your courage in both hands! Mont-du-Lac-des-Cygnets' Via Ferrata proposes a long and a shorter circuit, with spellbinding views of Gros-Bras valley. A memorable experience in a small group, with a professional guide.

**F**

## Taiga adventure: the great north, underfoot

Plunge into the taiga's Nordic universe, an ecosystem usually found between the 52nd and 55th parallels. Accessible only when accompanied by a naturalist park warden, this secret trail will open your eyes to the fascinating world of lichens, and other natural phenomena that have fashioned Grands-Jardins National Park. Reservations required.

# DISCOVER OUR TRAILS

		LENGTH AND DURATION*		DIFFICULTY/ HEIGHT DIFFERENCE	OPEN DATES	DEPARTURE POINT
	<b>Le Mont-du-Lac-des-Cygnés</b> – The viewpoint on Charlevoix Crater (981 m) and on the Laurentian mountains is one of the most impressive! Don't forget to look under your feet, where an arctic-alpine mountain vegetation grows. Be careful! Fragile!	8.6 km round-trip	4 hrs	D 480 m	Year round	Mont-du-Lac-des-Cygnés Visitors Centre (route 381, km 21)
	<b>La Chouenne</b> – Trail leading to a 730 m high summit. Magnificent viewpoints on the valley and on the face of mont du Gros-Bras. A dazzling spectacle right from the first kilometer.	4.8 km round-trip	2 hrs	I 250 m	Year round	Mont-du-Lac-des-Cygnés Visitors Centre (route 381, km 21)
	<b>Le Pioui (rustique)</b> – After a sustained ascent, the hike on the ridges will dazzle you. Admire the scenery, then spot the small bog and arctic-alpine vegetation that colonizes the summit. Take care of your knees: follow the route in the direction suggested on the map! Psst! Add 1.2 km to your tour and zip up to the summit of Mont-du-Lac-des-Cygnés!	10.4 km loop	5 hrs	D 480 m	Year round	Mont-du-Lac-des-Cygnés Visitors Centre (route 381, km 21)
	<b>Le Gros Pin</b> – Take a stroll under tall trees to the sound of poplar leaves rustling, woodpecker cries and the murmur of the stream.	2.1 km loop	1 h	E 23 m	Year round	Pied-des-Monts sector (route 381, km 19)
	<b>Le Boréal</b> – Offer yourselves a pleasant stroll in one of the park's oldest boreal forest. Discover the park's typical atmosphere and take a short tour into a sector regenerating itself since the 1991 fire.	3.4 km round-trip	1 h 30	E 2 m	Mid-May to mid-October	Arthabaska Discovery and Visitors Centre**
	<b>La Pinède</b> – In a single trail, get to see a boreal forest, a gray pine forest and many interesting views on Ice Age lakes.	9.5 km loop	2 h 30	E 15 m	Mid-May to mid-October	Arthabaska Discovery and Visitors Centre**
	<b>Le Pommereau</b> – Follow this trail to get to La Roche campground and observe the lake Soucoupe water plant community that is slowly becoming a peat bog.	11.6 km round-trip	3 hrs	I 25 m	Mid-May to mid-October	Arthabaska Discovery and Visitors Centre**
	<b>La Chute</b> – Discover landscapes typical of the taïga, viewpoints on the Malbaie river, and have lunch at the Hume-Blake falls.	6.6 km round-trip	3 hrs	E 20 m	Mid-May to mid-October	Route 60, km 20
	<b>Les Pionniers</b> – As well as a view of Lac Pointu, your hike takes you out to discover sectors blanketed in moss, and a forest in regeneration after the 1999 wildfire. Perfect for embracing the park's very essence.	4.4 km round-trip	2 hrs	E 73 m	Mid-May to mid-October	Étang-Malbaie campground (route 381, km 34,5)
	<b>De La Tour</b> – The trail offers a short walk to a nice lookout point on the shores of Lake Arthabaska. The shelter installed there evokes the presence of the fire towers that once lined the area.	1.4 km round-trip	40 min.	E 10 m	Mid-May to mid-October	Arthabaska camping, near campsite 21.
	<b>Le Brûlé (rustique)</b> – A trail to discover! This gentle climb to the top of the hills of the Arthabaska sector will allow you to appreciate the contrasts left by the forest fires in the park.	10.2 km loop	4 hrs 30	I 164 m	Mid-May to mid-October	Arthabaska Discovery and Visitors Centre**



Hiking



Family Experience

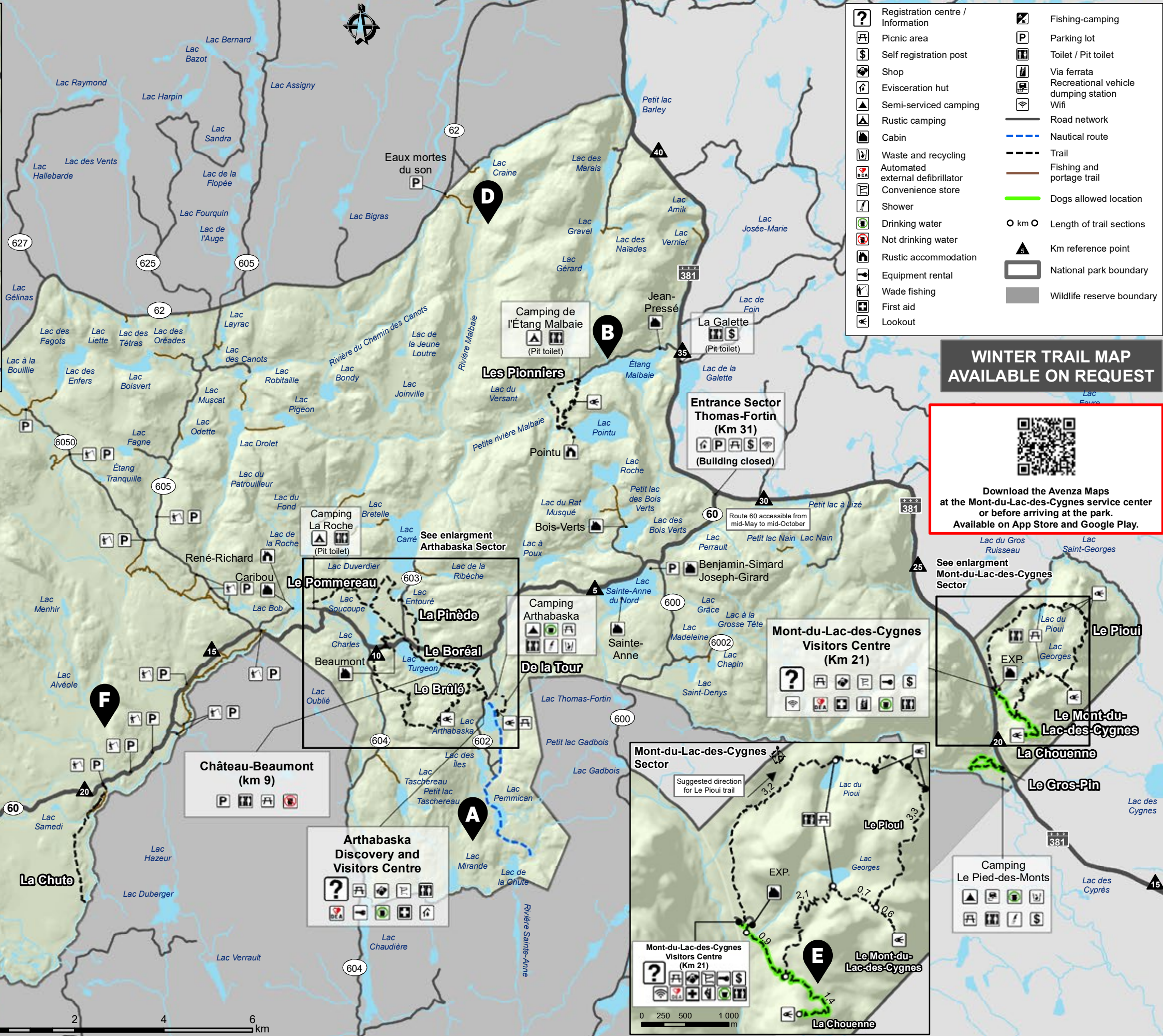


Dogs allowed  
[sepaq.com/animaux](http://sepaq.com/animaux)

E : Easy   I : Intermediate   D : Difficult

\*The duration and the degree of difficulty indicated are indicative and refer to the summer season. Note that some trails may be closed temporarily during the thaw period.

\*\* Directions to Arthabaska Discovery and Service Centre: take the Thomas-Fortin park entrance (km 31, rte 381), and follow the paved road for 8.5 km.



	Registration centre / Information		Fishing-camping
	Picnic area		Parking lot
	Self registration post		Toilet / Pit toilet
	Shop		Via ferrata
	Evisceration hut		Recreational vehicle dumping station
	Semi-serviced camping		Wifi
	Rustic camping		Road network
	Cabin		Nautical route
	Waste and recycling		Trail
	Automated external defibrillator		Fishing and portage trail
	Convenience store		Dogs allowed location
	Shower		Length of trail sections
	Drinking water		Km reference point
	Not drinking water		National park boundary
	Rustic accommodation		Wildlife reserve boundary
	Equipment rental		
	Wade fishing		
	First aid		
	Lookout		

**WINTER TRAIL MAP  
AVAILABLE ON REQUEST**

Download the Avenza Maps  
at the Mont-du-Lac-des-Cyignes service center  
or before arriving at the park.  
Available on App Store and Google Play.

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, Banque de données Sépaq, Cartes topographiques à l'échelle de 1/20 000, Source des données utilisées : Ministère des Ressources naturelles et des Forêts, © Gouvernement du Québec

# RENDEZVOUS WITH DISCOVERY



## Dusk Paddle, by Kayak or Rabaska Canoe

Early evening, nature changes rhythm. Witness that privileged moment when dusk brings peacefulness and contemplation. In a kayak or rabaska canoe, a park naturalist accompanies you on your discovery of this unique time of day.

## 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.



## Hike The Taiga

Don't miss this chance to seize les Grands Jardins' Nordic essence! Hiking the taiga is one of our team's pick!

## Damsels & dragons

Join a trip into the captivating world of water insects! This interpretation activity showcases the impressive life cycle of our dragonflies. By way of discovery, observation and creativity, come dip into the world of a bug specialist. An invitation for both tall and small!

## Fascinating Mushrooms

Some are suspicious of it, others are passionate about it; mushrooms leave no one indifferent! An experienced guide introduces you to the ecology of fungi, teaches you to differentiate the main groups and to recognize the main species. Then, together go in search of it! A foray into the fascinating world of mycology!

## EQUIPMENT RENTAL



**Do you want to explore  
the park in a different way?**

Consult the list and prices  
of equipment available for rent.





### Tease the trout

From the shore or in the rowboat, a tasty native trout awaits you in a place with an historic reputation, always frequented by the natives and for more than 135 years by sportsmen from everywhere! Cast your line and pick up! As Mr. John Buchan, former General Governor of Canada, who fished at the Grands-Jardins said: "Fishing is something more than a sport or a profession, it is a way of life, an attitude of the mind."

### Explore the Grands-Jardins in winter!

Dazzlingly white, emerging from the far reaches of the North, the territory stretches as far as the eye can see over desert moors and endless mountains. Explore the Mont-du-lac-des-Cygnés sector where the winter breeze invigorates your senses. Discover the plateaux where nature puts on its wildest coat. Come experience true winter at the Grands-Jardins.

### Come chat with our park naturalists

Our rangers love chatting, early evening. Meet up with them at the Pied-des-Monts campground's screened porch, or at your campsite. They love sharing their knowledge on an array of topics – from the fauna to the stars, and from the infinitely tiny to the immeasurably big. Consult the activity schedule for details about these chats, or for a talk around your campfire.



## 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.



# CONSERVATION FOR TOMORROW

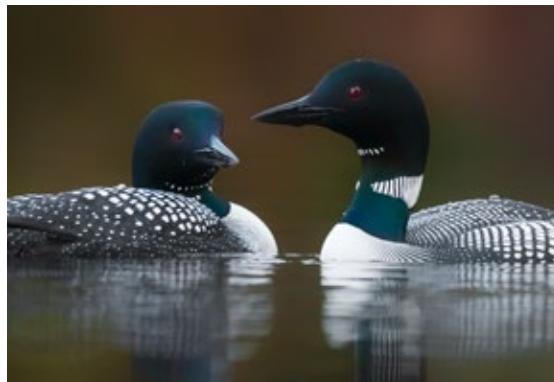


## Catch & Release: Not Always!

In optimal conditions (when the water temperature is 15°C, and with proper handling), 35% of fish caught with a J-hook and worm die once released. This percentile surges to 50%, and sometimes higher, when conditions are not adequate.

To boost survival rates, avoid releasing fish when the water temperature is above 21°C. Choose artificial lures and circle hooks to minimize wounding the fish. Avoid touching their gills and eyes. Maintain your catch in the water at all times; the longer the fish is exposed to air, the weaker are its chances of survival.

Remember that releasing fish carries consequences and should be practised with infinite precaution, and only when absolutely necessary.



## Let the Loons Fish

For several years, we have noticed a behaviour change in the loons that frequent les Grands-Jardins' fishing lakes. A few opportunists have attacked fishers' catches!

Help us preserve the survival instinct and natural behaviour of loons: put your catch in a closed cooler immediately. Never tow your catch in the water. Report any odd behaviour to us by filling out an Observation Form in the fishing cabins, or by telling a park ranger.



## 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  
des Grands-Jardins



PCF



[sepaq.com/pq/grj](http://sepaq.com/pq/grj)

Redaction : Équipe du parc national des Grands-Jardins  
Infographics : LICO impression et emballage  
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