



SÉPAQ

# PARC NATIONAL DU MONT-SAINT-BRUNO

**Protected area. Enriching nature experiences.**

The Parc national du Mont-Saint-Bruno is a veritable biodiversity islet in the heart of an urban and agricultural area. A highly representative element of the natural region comprising the Monteregian Hills, the park stands out through the extensive diversity of its flora and fauna as well as the heritage of its human history.



# OUR TEAM'S FAVORITES



A

## Watercraft rental at the *Lac des Bouleaux*

A one-of-a-kind opportunity to get acquainted with canoeing or riding a stand-up paddle board (SUP) in a delightful, captivating panorama while discovering this lake's innumerable secrets.



B

## Orchard

Starting in late August, the park's orchard offers several varieties of crunchy, succulent apples you can pick yourself! A unique opportunity to enjoy hiking on our trails surrounded by Mother Nature's fall colours.



C

## The Tea Room at *Le Vieux-Moulin*

Located in the heart of the park and proud with its 300-year-plus history, the tea room at the Old Mill (*Vieux-Moulin*) invites you to experience a tasting adventure: delve into a selection of speciality coffees and teas, Viennese pastries, smoothies, gelati, macaroons and fine chocolates in a warm, congenial atmosphere.



D

## "On The Energy Cubes Trail" Course

In collaboration with the Grand défi Pierre Lavoie and "The Little Expé," the park has introduced this all-new course, based on an entertaining free-of-charge format that will acquaint youngsters with the practice of cross-country skiing in a fun, casual, laid-back atmosphere.



E

## Cross-Country Skiing

A cross-country skiing network comprising 35 km of mechanically groomed trails (27 km for alternating step and 8 km for skating step) welcomes you to get away from it all for hours at a time.









F

## Fatbike Trails






Large-tire bicycles, also known as fatbikes, provide traction ideal for snow-covered surfaces. Come over and try them out on our dedicated trails (13.5 km)! Available on rental at the Discovery and Services Centre during winter.



# DISCOVER OUR TRAILS

		LENGTH AND DURATION*		LEVEL	DEPARTURE
	<b>Le Saint-Gabriel</b> This trail is where the Brothers of Saint-Gabriel left a deep, durable mark. As you hike along, let the orchard, arboretum and grotto win you over.	1.8 km Loop	45 min	E	Discovery and Services Centre
	<b>Le Seigneurial</b> Take advantage of this trail running alongside the lac Seigneurial to learn more about the Montarville seignior's history and vacationing at Mont-Saint-Bruno.	7 km Loop	1 h 30	E	
	<b>Les Lacs</b> As its name suggests, this pedestrian parkway lets you discover the park's aquatic and wetland ecosystems, all extremely rich and colorful environments.	8.8 km Round trip	2 h	E	
	<b>Le Montérégien</b> Located in the middle of the forest, this trail is perfect for savouring the moment and bathing in this unique atmosphere that only the forest can offer: fragrances rich in underbrush, a sound environment that is cozy and calm, but also churning with life.	8.8 km Loop	2 h	I	
	<b>Le Petit-Duc</b> Along this trail, hikers pass between two ponds and can make eye-opening observations despite the area's visitor traffic. It is commonplace to surprise a muskrat, a great heron on watch, or a green frog giving a concert.	1.5 km Loop	20 min	E	
	<b>Le Grand-Duc</b> This pedestrian beltway goes through several different environments, such as shrubby wildland, a sugar maple-hickory stand, a fledgling woodland of hardwoods intolerant of shade (birches and poplars), and a field.	3.5 km Round trip	1 h	E	

\*Durations and difficulty levels are mentioned as guides, and apply to the summer season.

 Hiking
  Biking
  Brochure/Panels
  Family experience
  Dogs allowed - [sepaq.com/animaux](https://sepaq.com/animaux)

**E:** Easy    **I:** Intermediate    **D:** Difficult

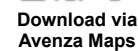
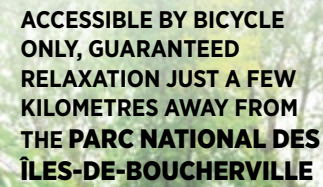


## IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

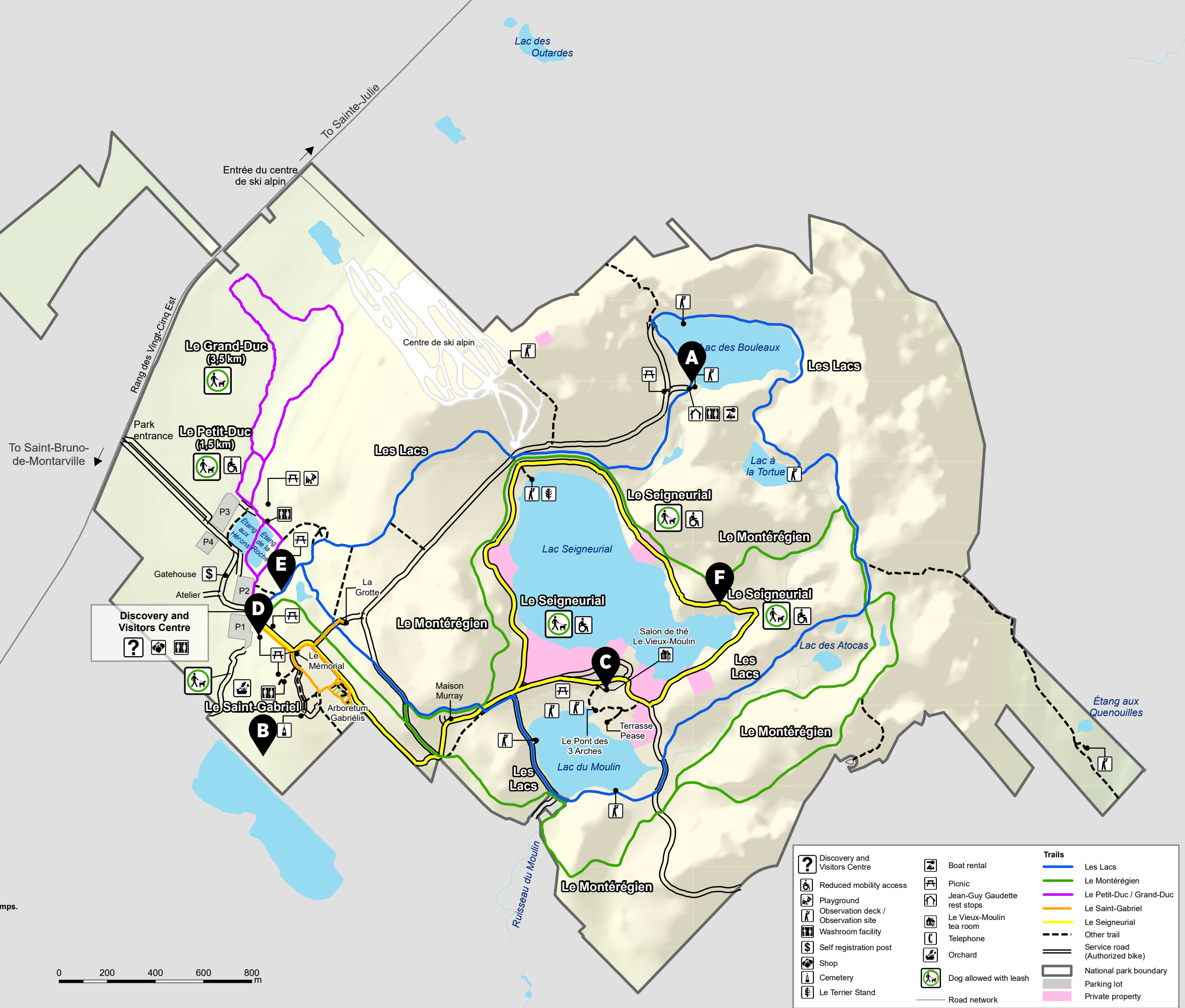
### Outdoor activities can involve certain risks.

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](https://sepaq.com/security)**



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 Données originales utilisées  
 Banque de données Sépaq  
 2003  
 Cartes topographiques  
 à l'échelle de 1/20 000  
 1999 à 2005  
 Source des données utilisées  
 Ministère des Ressources naturelles et des Forêts  
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# DISCOVERY TIME



## The *Le terrier* Stand

During the 2021 season, *Le terrier*, a new permanent discovery stand, will once again be the lighthouse for all those explorers at heart bubbling with questions about the park's fauna and flora!

Over the seasons, come by and meet a naturalist and park warden who will share his/her passion for and knowledge of the park's natural and cultural heritage!

**When:** Find out the timetable by inquiring at the Discovery and Services Centre.

## Shedding New Light on the Stars

Although the vast majority of space is made up of emptiness, our sky, when the Perseids appear, is as filled as one could wish! Planets, shooting stars, constellations and much more! Nighttime thus provides an opportunity to take a short interstellar flight while keeping both feet on the ground, all guided by a naturalist and park warden flanked by experienced astronomers.

**Bring your blankets!**

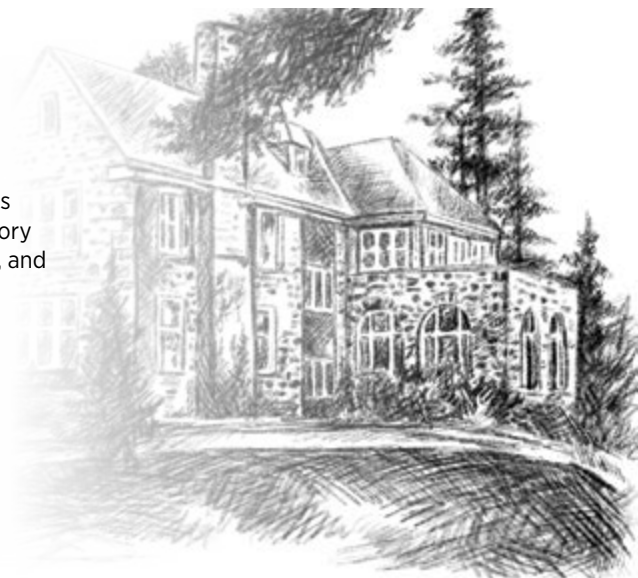
**When:** Friday August 11, from 8:30 to 11:30 p.m. In case of rain, activity postponed to Saturday, August 12.



## Spotlight on Heritage Buildings and Remnants

This new series of discovery panels highlights the park's heritage buildings and remnants. Find out about the history behind the Old Mill, the Murray House, and the Pines House along your hike!

**When:** All year round



## Raptors Ahead!

We can more or less guess which raptors we are looking at from their outlines profiled on the horizon. One flies straight ahead, another glides while turning around... but what are these birds of prey? Where do they go? A passionate naturalist and park warden makes it a date with you in the "Old Orchard" to unveil the secrets behind the great fall migrations.

**When:** September 9, 10, 16, 17, 23 and 24

## DISCOVERY ACTIVITIES

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

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



## 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.





# CONSERVE FOR TOMORROW



## An Overabundance of Virginia Deer

**Virginia deer are everywhere in the park!** In the wake of the 2020-2021 winter physical inventory, the Virginia deer population numbers 353 within the park's limits. This overabundance produces an adverse, harmful effect on the park's flora, not to mention that this mammal can contribute to proliferation of the black-legged tick and, in due order of succession, the spread of Lyme disease. This major imbalance forces us to reflect on, develop and implement a plan of action to regulate this overpopulation.

**Did you know that the Virginia deer population density at the park is 5 times higher than the optimal density?**



## Works to Enhance Water Quality

Further to our work carried out around lac Seigneural in 2021, we have continued our endeavour in order to improve runoff water quality and paths in 2022; however, this time, we are doing so concentrating on the periphery of lac du Moulin. Thus we have installed water holding ponds, and refit trails and plantations near the Vieux-Moulin Tea Room and Pease Terrasses.

## Conservation Is Everybody's Business!

The parc national du Mont-Saint-Bruno is currently contending with a touchy problem: the fauna's development of unusual behaviours toward humans.

Keeping one's distance and refraining from feeding wild animals make for a step in the right direction. **By the way, why not to feed them?**

- Animals find in their natural surroundings the food adapted to their needs.
- Not only can our food not be suited to them, but also, and worse, it can lead to health problems, discomfort and ailments, and even cause death.
- Feeding wild animals imparts a dependency that can make them vulnerable to predators.
- Our food's appeal increases their recklessness toward humans.
- Every time we disturb and/or disrupt their natural activities, we modify their behaviours at the risk of their own lives.



# CONSERVE FOR TOMORROW



Chorus frog

## The Fight Against IASs!

It is safe to predict that over the coming years, you will see the abbreviation “IAS” more often. It stands for “invasive alien species,” i.e., species that came from elsewhere, often settle aggressively into our ecosystem, dislodge and bump out our indigenous species, and automatically take over their territories. The conservation team has gone on the war path to contain the invasion of five IASs in the park! A characterization of each of these species’

## A Little Frog Re-Introduced into the Park

The striped chorus frog is an endangered species in Quebec. In 2020, in co-operation with a team of specialists, our conservation and education team created a network of small ponds adapted to this species. Now, three years later, the project is already showing encouraging signs: in the spring of 2022, chorus frogs sang during spring thaw! This project bears high hopes for us and comes out as very promising for the national park’s biodiversity, so it will once again be the subject of rigorous tracking and follow-up this year.

**Protecting this species is done  
one chorus frog at a time!**

populations and the actions taken in the form of manual lifting and pulling out will continue this year in order to limit their propagation.

- Garlic mustard
- Buckthorn / cathartic
- Common reed
- Japanese knotweed
- Russian venom master



Flowering Garlic mustard

## 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 Mont-Saint-Bruno



PCF



[sepaq.com/montsaintbruno](https://sepaq.com/montsaintbruno)

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