

Le Grand-Tour and Le Tour du Cap-à-l'Original



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| Depart from the_Ferme Rioux parking lot | | |
| Le Grand-Tour 8,7km | Le Tour Cap-à-L'Original 6km | L'Entre deux marées 6,4km |
| 2 hours to 1 hour before low tide | 2 hours before low tide | Departure independent of the tides |

These rugged and challenging hikes will take you along the foot of an impressive coastal cliff, allowing you to take in the estuary in all its glory. Please note that though the trails are authorized, they include undeveloped walking areas, without markers. The trails will take you along steep, dizzying, and dangerous portions of the coastline that are accessible only at low tide. **The trails include rocky terrain that may be sharp and slippery. You must exercise caution, take your time and be vigilant at all times!**

Plan your departure from the Discovery and Visitors Centre – Ferme Rioux: consult the tide schedule at www.marees.gc.ca

For your safety:

- If the tide prevents you from walking the Cap-à-l'Original or the Grand-Tour trail, an excellent alternative is the "**L'Entre deux marées**" trail (6.4 km), located inland.
- Respect the one-way signs on the map
- You must be in good physical shape
- Wear good walking shoes or sports shoes
- Wear gloves
- Bring water, food, a first aid kit, and a cell phone
- Not recommended for young children
- Not recommended during rainy weather
- Be aware that there is no signage present on the trails
- **Trails are closed in winter**



Photos : Flora Bidaud

