WELCOME TO THE PARK

This majestic coastline shaped by the sea is both a sanctuary for wildlife and a serene, relaxing refuge for visitors.

The Parc national du Bic covers an area of 33.2 km², close to half of which is in the marine environment of the St. Lawrence estuary.

Its rocky outcrops, bays, coves, islands and mountains come together in a distinctive, dramatic blend of landscapes. As the tides ebb and flow, you’ll make wonderful memories inspired by the beauty of the changing scenery and by the many activities filled with wonder and discoveries.

In an ambience that is simply incomparable, each season brings its own charms to the park, which is open year round.

Find out more at sepaq.com/bic

THE HARBOR SEAL, EMBLEM OF THE PARK

The park offers favourable habitat for the harbor seal, which uses the sheltered coastline for two important stages in its life cycle here: breeding and moulting. It is one of the few places along the St. Lawrence River where you can watch seals so closely from shore, as they like to rest on the rocks in the park’s coves and bays.

Québec’s national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:

- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping

Details at sepaq.com/parkscard
MUST-DOS

**EXCEPTIONAL SUNSETS**
The estuary as you’ve never seen it before!
Whether from the Pic Champlain lookout, the shelter of Baie du Ha! Ha!, the salt marsh of Pointe aux Épinettes or the rocky shores of Havre du Bic, you can admire famously stunning, one-of-a-kind sunsets.

**PIC CHAMPLAIN**
Reaching an elevation of 346 metres, Pic Champlain is the highest peak of the Murailles massif. From the lookout at the top, the views over the estuary and park are amazing. You can hike up or get a lift on the shuttle.

**BIKE GETAWAY**
Leave your car behind and head out to freely explore the park by bike. Enjoy cycling through the diverse landscapes of forests, hills and coastline. Choose from trails suitable for all ages. Bicycles can be rented from the rental centre in the Rivière-du-Sud-Ouest sector.

**SEA KAYAK OUTINGS**
With its islands and lacework of coves and bays, the park is one of the most beautiful destinations for kayakers. Whether or not you have kayaking experience, professional guides will accompany you on your outing to show you the park from a different vantage point.

**HERITAGE AT THE HEART OF HISTORY**
As you walk along the Chemin-du-Nord trail, you’ll discover lovely restored buildings that bear witness to how people have settled and used this area.

**DISCOVER THE PARK IN WINTER**
The winter season in the park has a wide range of activities. Head out on foot, snowshoes, skis or fat bikes to explore the trails. All the trails will lead you to spectacular views of the St. Lawrence and its islands.
### Discovery Trail Distance Duration Out-and-back Difficulty Trailhead

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Distance</th>
<th>Duration</th>
<th>Out-and-back</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saint-Fabien-er l’île d’Islande (Roûre-Mer)</td>
<td>10 km</td>
<td>1 h 30</td>
<td>X</td>
<td>I</td>
</tr>
<tr>
<td>LES ANSES -</td>
<td>9 km</td>
<td>3 h</td>
<td>X</td>
<td>I</td>
</tr>
<tr>
<td>Le Pic-Champlain</td>
<td>6 km</td>
<td>2 h</td>
<td>X</td>
<td>D</td>
</tr>
<tr>
<td>A scenic overlook offers a splendid view of the marsh at Pointe-aux-Épinettes.</td>
<td>9.4 km</td>
<td>3 h</td>
<td>X</td>
<td>P</td>
</tr>
<tr>
<td>Les Anses -</td>
<td>5.8 km</td>
<td>3 h</td>
<td>X</td>
<td>D</td>
</tr>
<tr>
<td>Le Portage</td>
<td>3.7 km</td>
<td>30 min</td>
<td>X</td>
<td>E</td>
</tr>
<tr>
<td>The tide schedule is available at <a href="http://www.tides.gc.ca/eng">www.tides.gc.ca/eng</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FOR YOUR SAFETY

*The Cap-à-l’Orignal and Grand-Tour Trails*

- **Cap-à-l’Orignal Trail:** Head out 2 hours to 1 1/2 hours before low tide.
- **Grand-Tour Trail:** Head out 2 hours to 1 1/2 hours before low tide.

- Consult the tide schedule to plan your departure.
- Follow the one-way trail indications.
- Wear walking or sports shoes.
- Carry a first aid kit.

The tide schedule is available at [www.tides.gc.ca/eng](http://www.tides.gc.ca/eng)
SUPERVISED ACCESS FOR DOGS

MAIN RULES*
- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash and under surveillance at all times.
- The person in charge of the dog must pick up the animal’s excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.

Dogs are allowed in certain designated areas only from May 1 to October 31.

AUTHORIZED PLACES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer trail</td>
<td>Le Pic-Champlain</td>
</tr>
<tr>
<td>Camping</td>
<td>Rivière-du-Sud-Ouest campground: campsites 1 to 41 and 59 to 66</td>
</tr>
<tr>
<td>Picnic area</td>
<td>Îlet-au-Flacon picnic area</td>
</tr>
<tr>
<td>Nautical access point</td>
<td>Îlet-au-Flacon and Havre-du-Bic boat launches</td>
</tr>
<tr>
<td>Winter trail</td>
<td>No authorized access</td>
</tr>
</tbody>
</table>

All details at sepaq.com/animals

*All distances are in Km.
Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at sepaq.com
INFORMATION AND RESERVATIONS

In person at one of our service centres or by phone at 418-736-5035. For paid activities, the prices listed here do not include taxes or the park entry fee unless otherwise stated.

DISCOVERY TIME

FAMILY ACTIVITIES

Archéo-joute - French only - Not offered during the 2020 season
Discover the fascinating world of archaeology through this game-based activity. Carry out excavations, like real archaeologists, to find artifacts that recount the history of the first inhabitants of the Bic territory.

Littoral sous la loupe - French only - Not offered during the 2020 season
The whole family is invited to Anse à Wilson beach to explore the shore and its intriguing organisms, capable of living half their lives submerged in the sea and the other half in open air.
*Wear shoes that can get muddy!

L’histoire, c’est enfantin - French only - Not offered during the 2020 season
Two students on holiday at their grandparents’ home in Saint-Fabien-sur-Mer come across their grandmother’s clothes trunk. Their surprising finds will take them on a journey through different eras and the history of the people who used to live on the park’s land.

GUIDED HIKES

À la tombée du jour - French only - Not offered during the 2020 season
Nature has a change in tempo and comes to life once again at nightfall.
Follow a guided hike along the Chemin-du-Nord trail and enjoy the sunset. Take a walk under the stars and explore the park’s fascinating and mysterious night life.
*Don’t forget to bring a flashlight.

Un paysage en continuelle évolution - French only - Not offered during the 2020 season
Over time, nature continues to shape and renew the landscape. This hike will lead you around the comet’s tail of Île aux Amours as you discover how the ancient seas have sculpted Bic’s islands!

EVENING ACTIVITIES

SOS chauve-souris - French only - Not offered during the 2020 season
Since time immemorial, bats have haunted our nightmares, but how well do we really know them? These fascinating and little-known small flying mammals are now experiencing a significant decline that threatens biodiversity. Find out how you can help them.

Complètement loup-phoque - French only - Not offered during the 2020 season
A great game and challenge for the whole family! Test your knowledge of the harbour seal, the park’s animal emblem, and have fun discovering a lot about it!

Contes du bord du fleuve - French only - Not offered during the 2020 season
An invitation for young and old to an evening of wild tales of things that happened in this area, that is, if legends don’t scare you!

Check the weekly schedule for the time and place.
**AT YOUR OWN PACE**

**Naturally Curious**
No matter how old you are, all curious minds are invited to come and meet our naturalist and have fun while exploring nature’s many treasures.
This is your chance to impress our naturalist with your questions and share your discoveries!

**Mountains Born of the Sea - Not offered during the 2020 season**
Come join a park warden-naturalist at the Pic Champlain Lookout to discover how the splendid landscape that stretches out before your eyes was sculpted over time.

**Meet the seals**
Come join a park warden-naturalist to view the seals up close using spotting scopes and binoculars. Learn to recognize harbour seals and grey seals as you observe the natural behaviour of the park’s star species.

**Feathers and down**
Equipped with spotting scopes and binoculars, a park warden-naturalist is waiting to introduce you to the common eiders and other species of seabirds that visit the park early each summer.

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**Balade découverte en minibus - French only - Not offered during the 2020 season**
Come join our park warden and naturalist and discover the most beautiful areas of the park, including Pic Champlain. Enjoy the scenery as you explore the Park’s treasures and key attractions.
New this Year: Sunset Stroll

**DURATION:** 2 h
**SCHEDULE:** Check the weekly schedule. Upon reservation.
**DEPARTURE POINT:** Parking area at the Rivière-du-Sud-Ouest Visitors Centre
* Paid activity. Free for children under the age of 17 accompanied by family members. Excludes groups

**Shuttle to Pic-Champlain - Not offered during the 2020 season**
The shuttle, a minibus transport service, lets you off a few metres away from the Pic Champlain Lookout (346 m), definitely one of the most beautiful viewpoints over the Bas-Saint-Laurent region.

**SCHEDULE:** Check the weekly schedule.
**DEPARTURE POINT:** Pic Champlain parking area.
* Paid activity. Free for children under the age of 17 accompanied by family members. Excludes groups
BICYCLE RENTALS
At the Baudry rental centre in the Rivière-du-Sud-Ouest sector, you’ll find a wide choice of bicycles for everyone in your family. Renting bikes means you can leave your car behind as soon as you enter the park and then take your time exploring the 15 km of bike trails through the forests and along the coast.
* Free for children under the age of 17 accompanied by family members. Excludes groups.

SEA KAYAK EXCURSIONS
Paddle in the majestic harbour, Havre du Bic, and you might be surprised by a visit from a curious young seal! Aventures Archipel offers guided one-day or half-day outings that include all the equipment needed to ensure your comfort and safety.

**SCHEDULE:** June 1 to October 14 (times vary depending on the tides)

**DEPARTURE POINT:** Havre du Bic

- **HARBOUR (half day)**
- **SUNSET EXCURSION**
- **A DAY ON THE ST. LAWRENCE**

* Paid activity.

LA ROSE DES THÉS
**Tearoom** - *Not offered during the 2020 season*
As you hike the Chemin-du-Nord trail, stop in to enjoy a cup of tea in this Colonial Revival cottage built by Walter Lyman in the early 1920s. The enchanting setting, peaceful ambience and gorgeous landscape of Cap-à-l’Orignal are sure to charm.

Mini-Concerts des îles
Every Sunday afternoon from the beginning of July to the beginning of August at 2 pm, duets of up-and-coming students from the Conservatoire de musique de Rimouski will present short concerts in partnership with Concerts aux Îles du Bic.
A yurt is a beautiful spot to cast aside everyday stress and take pleasure in the outdoors, in winter and summer alike!

Stay with us and make the most of the park. This way, you’ll have a great base to explore the territory at your leisure, as well as a front row seat to watch wildlife in its natural habitat.

Visitors have a choice of the following types of accommodation:

- 241 serviced campsites (rustic, with or without service)
- 38 traditional (4 people) and Étoile (6 people) ready-to-camps
- 5 EXP. cabins (2 people)
- 4 Écho cabins (4 people)
- 1 chalet de l’Abbé (4 people)
- 11 yurts (4 people)

**BEGINNING OF BOOKINGS 2021 SEASON**

- **Cabin and yurt**
  - Septembre 15, 2020 (fall/winter)

- **Camping and ready-to-camp**
  - October 24, 2020

1 800 665-6527 | sepaq.com

**Family experience**

Free of charge!
Admission and equipment loan offered to children 17 and under.
Offer varies from one establishment to another. First come, first served.

**Our favourite offers at the park**

- Chemin-du-Nord has many coves and sandy shores to fascinate the young and young-at-heart and is perfect for a stroller-friendly hike.
- Do not miss our discovery activities for the whole family.
- Our bike trails will delight everyone.
- We offer free bike rentals for kids cycling with their families.
CONSERVE FOR TOMORROW

SEAL MONITORING PROGRAM
We have been monitoring the harbour seal population since 1998, working with the marine mammal observation network, ROMM. The data we collect help advance our knowledge about this species which, contrary to what its name might suggest, is not so common at all.

SEAL WATCHING
It is critical for all visitors to respect the signs indicating the boundary of the seal observation area. By staying on the beach, you allow the seals to rest and fully carry out the activities essential to their survival (nursing, pup rearing, moulting). Keeping your distance also helps ensure that other visitors—present and future—can enjoy the privilege of observing these animals.

WHERE CAN I WATCH THE SEALS?
Cap Caribou  At low tide
Pointe aux Épinettes  From half tide to high tide

PROTECTING COASTAL HABITATS
Coastal erosion is an issue for the park, which has 33 linear kilometres of coastline. The beaches along the Chemin-du-Nord trail are particularly affected by this phenomenon, partly because of exposure to storm waves, but also because of hikers who unintentionally trample seaside plants, thus contributing to the deterioration of coastal habitats.

To address this issue, a beach restoration project led by the Sud-de-l’Estuaire ZIP Committee was launched last year. The first action undertaken in 2019 was to reduce the number of improvised trails leading to the beach to avoid trampling coastal plants. These plants play an important role in stabilizing and protecting the soil against erosion. During the second year, coastal plants, including sea lyme grass, will be planted to restore degraded habitats.

During your visit, you will be educated about the negative impact of trampling these stabilizing plants through various activities. This way, you will also be able to contribute to the successful restoration of this natural environment.
CONSERVATION IS EVERYONE’S BUSINESS.

The Parc national du Bic has been dealing with a delicate issue: some of the wildlife here have been developing unusual behaviour toward humans. To solve this problem, the park’s team needs all visitors to help by letting the wild animals—foxes, deer and other species—remain free and self-sufficient, as their survival depends on it.

How can you help?

KEEP YOUR DISTANCE

It is very important that visitors do not try to approach wild animals. Keep your distance, giving them a wide berth. An animal that feels threatened cannot carry out the activities it needs to survive (feeding, breeding, communicating, etc.) in a normal manner. Repeated disturbance can therefore directly jeopardize the survival of this animal.

DO NOT FEED THE ANIMALS.

- Wild animals find food suited to their needs in the natural environment.
- The food people provide may not be appropriate for the animals’ digestive system, causing discomfort, health problems or even death.
- Feeding animals makes them dependent on humans and more vulnerable to predators.
- Animals attracted by food can lose their wariness of humans, leading to potential trouble and even danger.
- Each time we disrupt their natural activities, we change the behaviour of wild animals, sometimes putting their lives at risk.

MINIMIZE YOUR IMPACT.

By adopting behaviours that respect the natural habitat, you significantly reduce your impact on the environment, thus ensuring its protection for the future.

- Take your garbage back with you or dispose of it in appropriate locations.
- Stay on trails and obey the signs.
- Don’t take natural items (e.g. animals, plants, dead wood, rocks) back with you.
- Keep your dog on a leash and only enter permitted areas.
IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY
Sépaq’s mission is to ensure the widest possible access to Québec’s most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY** and risk management is an integral part of your experience.

Before leaving for an excursion, **MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED** to practice your chosen activity **AND RESPECT YOUR PHYSICAL LIMITS.** Your outing should leave you with nothing but pleasant memories. We invite you to consult our safety guides for Sépaq activities, available at [sepaq.com/security](http://sepaq.com/security). You will also find a list of organizations that can help you plan your activities safely.

**REMINISERS**

During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.

To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

**CHECKLIST**

**BEFORE YOU LEAVE HOME**
- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home.

**ONCE YOU ARE ON SITE**
- Do not rely on your cellphone.
- Check how much time it will take to complete your activity.
- Obey signs and notices, including bans on open fires.

**WHEN YOU GET BACK**
- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

**IN CASE OF EMERGENCY: 911**

**SÛRETÉ DU QUÉBEC:** 310-4141 (general number) / 4141 (for cellphones)
*Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.*

**Parc national de la Jacques-Cartier**
4456, ch. du Lac-Supérieur
Lac-Supérieur (Québec) J0T 1P0
Information: 418-848-3169
Réservation: 1 800-665-6527
parc.jacques-cartier@sepaq.com
sepaq.com/jacquescartier

**PHOTOS:** Parc national des Grands-Jardins, Steve Deschênes ; Dominic Boudreault, Mathieu Dupuis, Agathe Girard-Tremblay, Jean-Pierre Huard, Caroline Langevin, Paul Binet – Dreamstime, Steve Deschênes – Parc national des Grands-Jardins

**IN CASE OF EMERGENCY: 911**

**SÛRETÉ DU QUÉBEC:** 310-4141 (general number) / 4141 (for cellphones)

**Parc national du Bic**
3382, route 132 Ouest, C.P. 2066
Rimouski (Québec) G0L 1B0
Information: 418-736-5035
Reservation: 1-800-665-6527
Email: parc.bic@sepaq.com
sepaq.com/bic

**PHOTOS:** Francis Bonnier Roy, Carolin Deschênes – Parc national des Grands-Jardins
SNOWSHOEING, CROSS-COUNTRY SKIING, MINI-SLIDE, FAT BIKING, TORCHLIT HIKING AND MORE.

Reserve your accommodations now. Equipment can be rented at the park.
MIGUASHA
WHEN FISH RULED THE WORLD...

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Discover the sea with your taste buds!