Bordering Grand Lac Saint-François, the Parc National de Frontenac offers a wide range of outdoor activities accessible to the whole family.

A majestic lake, rich wetlands and rolling hills inviting you to discover the generous nature of Parc National de Frontenac.

At the bend of a walking path, during a bike ride or a canoe trip, visitors are woed by the spirit of the place, its diverse wildlife and flora, and the beauty of the landscapes which are forever renewed with each passing season.

The Parc National de Frontenac is a hidden jewel to be discovered. Come and live an unforgettable experience. Our entire team will be happy to welcome you!

Find out more at sepaq.com/Frontenac

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**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.

**AUTHORIZED PLACES**

Dogs are allowed only in the **SAINT-DANIEL** sector.

<table>
<thead>
<tr>
<th>Season</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer trail</td>
<td>Le Sous-bois, Le Littoral, Rang II trails (fishing)</td>
</tr>
<tr>
<td>Camping</td>
<td>Rivière-aux-Bluets campground (except for ready-to-camp), Baie-des-Sables campground</td>
</tr>
<tr>
<td>Picnic area</td>
<td>Saint-Daniel beach picnic area Access point 4 picnic area</td>
</tr>
<tr>
<td>Nautical access point</td>
<td>La Capitainerie boat launch Rang II boat launch ramp</td>
</tr>
<tr>
<td>Winter trail</td>
<td>Main road (not cleared)</td>
</tr>
</tbody>
</table>

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**ANNUAL QUÉBEC NATIONAL PARKS CARD**

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

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**THE GREAT BLUE HERON, THE PARC’S EMBLEM**

The great blue heron can be seen in all sectors of the territory. Its wingspan exceeding 2 m, its majestic look and blue plumage make it easy to distinguish from other fishing birds. Lucky visitors will get a glimpse of this great bird hovering above their heads. The abundance and diversity of the park’s water bodies make it a preferred location for bird watching.

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**THE HERO**

The great blue heron can be seen in all sectors of the territory. Its wingspan exceeding 2 m, its majestic look and blue plumage make it easy to distinguish from other fishing birds. Lucky visitors will get a glimpse of this great bird hovering above their heads. The abundance and diversity of the park’s water bodies make it a preferred location for bird watching.
MUST-DOS

DISCOVER AN EXCEPTIONAL ECOSYSTEM
The peatland in the St-Daniel sector is home to several species of carnivorous plants and orchids. A wooded pathway allows observation of the flora typical to peatlands. Discovery panels line the trail where two observation towers are also accessible.

HOP ON YOUR BIKE
Located in the Southern sector, Les Passereaux bike path connects the Discovery and Visitors Centre with the Baie Sauvage campground. Enjoy a picnic near the brook at the Lac à la Barbue dam. Keep your eyes and ears open, this trail is perfect for birdwatching.

SWIMMING AT THE BEACH
Recently revamped, the beach in the Saint-Daniel sector is very popular with the children! The layout includes a supervised bathing area, picnic tables, BBQs, a beach volleyball court and a playground. Pedal boats and other types of watercraft can be rented.

EXPLORING LA BAIE SAUVAGE
You have the soul of an explorer? By canoe or kayak, soak up the breathtaking scenery of La Baie Sauvage. Take the time to navigate around the small bays to observe the fauna and flora, and continue all the way to the waterfalls of the Felton River.

SLEEPING UNDER THE STARS
Spend the night with us and enjoy the park to the fullest. You’ll have your base camp and discover the territory at your leisure all the while having a front-row seat to check out the wildlife in its natural habitat! Visitors can chose from among several types of accommodations and packages:

• Rustic campsite, converted without services, 1 and 2 services (water-electricity) campsite (sleeps 6)
• Canoe-camping (sleeps 4)
• Traditional ready-to-camp (sleeps 5) and Étoile ready-to-camp (sleeps 5)
• Cabin (sleeps 2 to 12)
• Rustic shelter (sleeps 2)

RÉSERVATIONS
Season 2020: Beginning of bookings
Season 2021
April 25, 2020 (summer) and September 15, 2020 (fall/winter)
Cabin, rustic shelter, and yurt
October 24, 2020: Camping and ready-to-camp

1 800 665-6527 | sepaq.com
## Hiking Trails and Nautical Courses

<table>
<thead>
<tr>
<th>Trails</th>
<th>Length and Duration*</th>
<th>Difficulty Level</th>
<th>Departure Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>L'Érablière – A hill, a maple grove and an</td>
<td>3.2 km/loop D: 60 m</td>
<td>E</td>
<td>South Discovery and visitors centre</td>
</tr>
<tr>
<td>old beaver lake. A family pleasant walk in</td>
<td>1 hr 30 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>the woods. Not ideal for strollers due to</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tree roots.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Les Passereaux – A path travelling across</td>
<td>Hiking: 13 km/round</td>
<td>I</td>
<td>South Discovery and visitors centre or Baie Sauvage</td>
</tr>
<tr>
<td>the hills and forests and connecting the</td>
<td>trip H: 35 m</td>
<td></td>
<td>campground (near the playground)</td>
</tr>
<tr>
<td>Baie Sauvage campground with the Southern</td>
<td>5 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sector entrance. It includes several rest</td>
<td>1 hr 30 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>stops to let you discover all kinds of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>forest and marsh birds.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>La Colline – Ideal for those looking for</td>
<td>7.4 km/loop H: 75 m</td>
<td>E</td>
<td>South Discovery and visitors centre</td>
</tr>
<tr>
<td>a little sporting challenge. In the heart</td>
<td>2 hr 45 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>of a leafy forest, La Colline makes the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>link between Les Passereaux and Les Grands</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pins trail.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Les Grands-Pins – Walk through a forest of</td>
<td>5.7 km/loop H: 5 m</td>
<td>E</td>
<td>Baie Sauvage campground (near the playground)</td>
</tr>
<tr>
<td>moss dominated by big white pines and</td>
<td>2 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>rocks that seem to have fallen from the Sky.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lichens, mushrooms and view points on the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baie Sauvage. Charming waterfall at the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>end of the trail.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Le Massif de Winslow – More sustained</td>
<td>10.2 km/loop H: 120 m</td>
<td>I</td>
<td>Steps away from the Legendre cabin's</td>
</tr>
<tr>
<td>hiking in a foam forest undergrowth and</td>
<td>3 hr 30 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a deciduous forest. In autumn, discover</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a multitude of mushrooms. Take a break at</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lac Thor. Point of view from the region at</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>430 m above sea level. Canoe-hike Osez le</td>
<td></td>
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</tr>
<tr>
<td>Massif package, for the greatest pleasure,</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>combine canoe rental at Lac des Îles,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>disembark at access # 12 and hike to the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>summit.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nautical course of Baie Sauvage – Head out</td>
<td>Non-eligible</td>
<td>I</td>
<td>L’Escale launching</td>
</tr>
<tr>
<td>on an expedition to Rivière Felton Falls in</td>
<td>3 hr to 5 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a canoe or kayak and explore the little</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bays along the way or simply let the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>onshore winds decide where to carry you!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rentals via the l’Escale services center.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nautical course of Lac à la Barbue – Boarding into a canoe and paddle your way around this delightful aquatic flower garden featuring various water lily varieties. Ten floating interpretive panels along the route explain the features of this fascinating environment. Rentals via the l’Escale or Sud services centers from June 19th to the end of September.</td>
<td>Non-eligible</td>
<td>I</td>
<td>Lac à la Barbue launching</td>
</tr>
<tr>
<td>Le Littoral – Offering a fairly flat</td>
<td>Hiking: 16 km/round</td>
<td>E</td>
<td>Saint-Daniel service center or campsites</td>
</tr>
<tr>
<td>landscape, you will appreciate its winding</td>
<td>trip H: 10 m</td>
<td></td>
<td></td>
</tr>
<tr>
<td>course and picnic areas along the shores of</td>
<td>5 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grand Lac Saint-François. This trail allows</td>
<td>2 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>you to leave your vehicle in the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>campground parking since it connects with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>all the campground’s loops and with the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>beach.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Le Tourbière – One of the few peat bogs</td>
<td>5 km/loop H: 10 m</td>
<td>E</td>
<td>La Tourbière parking lot</td>
</tr>
<tr>
<td>intact in southern Quebec, there are</td>
<td>2 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>carnivorous plants and orchids. Wooden</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>walkways, discovery panels and two</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>observation towers offering a unique view</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>on this northern islet.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Le Sous-bois – This trail weaving across</td>
<td>3.2 km/round trip</td>
<td>E</td>
<td>Rivière-aux-Bleuets campground between sites #124 and</td>
</tr>
<tr>
<td>the Rivière-aux-Bluets delta is the ideal</td>
<td>H: 5 m</td>
<td></td>
<td>#126</td>
</tr>
<tr>
<td>spot for an outdoor family picnic.</td>
<td>1 hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nautical course of Baie aux Rats Musqués – Embark on an adventure as you explore many marshes scattered around the bay. You’ll discover beds of aquatic plants in full bloom and an extraordinary diversity of birdlife. You may even spot a great blue heron fishing for lunch, a family of Canada geese bobbing among the bulrushes, or better yet... a bald eagle gliding silently overhead! Rentals via the St-Daniel service center.</td>
<td>Non-eligible</td>
<td>I</td>
<td>Pointe Saint-Daniel launching</td>
</tr>
</tbody>
</table>

*The durations and difficulty levels mentioned are indicative and refer to the summer season.*
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

FREE reusable bag with an in-store purchase of $75 or more.

DISCOVERY TIME

INTRODUCE YOURSELF TO CANOE-CAMPING
You have the soul of an explorer? Canoe-camping sites are located at Baie Sauvage, Lac à la Barbue and Lac des Îles. Excursions ranging from 15 minutes to 2 and a half hours are required to reach one of the 23 sites spread across 6 sectors.

Available sites at Baie Sauvage, Lac des Îles and Lac à la Barbue. Package including overnight stay, canoe and a bundle of firewood available. Reservation: 1 800-665-6527

DISCOVERING THE PARK … BY WATER!
Canoeing, kayaking or paddle boarding can lead you to one of the many water excursions offered at Baie Sauvage, Baie aux Rats-Musqués and at Lac à la Barbue. Perhaps you will meet up with the great blue heron, the common loon or the white-tailed deer!

RENTALS AVAILABLE
Rowboat (South), canoe, 2-seat pedal boat, 4-seat pedal boat, solo kayak, tandem kayak, stand up paddle, adult bicycle and tandem bike (St-Daniel).
Consult schedules at service centers or online.

LET’S LEARN ABOUT CANOE
Are you interested to ride on the water? You have never sailed or you have some fear to do it. Let our naturalist helping you and learn how to get on and off safely, the basics of canoeing, how to use the wind to your advantage and much more.

$9 / person
Registration at l’Escale and St-Daniel service centers.

NOT OFFERED DURING THE 2020 SEASON
LET US GUIDE YOU
Did you know that the park wardens have lots to tell you and tons of stories to share? Whether during an evening talk, a guided hike or an interactive game, the park’s natural wonders will provide you with constant enjoyment. Consult the activity schedule at the reception and campground office to be sure not to miss any of the park’s main events!

ENJOY A GUIDED HIKE AT LA TOURBIÈRE
Discover a fascinating place where carnivorous plants and wide-open spaces mixes-in with the rich perfumes and enchanting breeze so typical to peatland. Retrace the history of this environment created by the cold climate of ancient times, and get acquainted with surprising flora and wildlife!

Free
Meet at the La Tourbière parking lot.

A BIT OF FISHING
You are at the Baie Sauvage campground. The ideal place to introduce children to the fishing world, as the catch of common sunfish and small yellow perch is quite usual. But be careful not to let your guard down, because bass and pike may occasionally be interested in your bait! Several wade fishing sites are available to let you experience this activity safely.

Fees are applicable to the boat rental. Fishing license required.

Our favourite offers at the park
Pointe St-Daniel's beach comes alive as joyful swimmers bask in the sun or plunge into the waters of the lake under the watchful eyes of our team of lifeguards.

Looking for a great picnic spot? There are a number of splendid lookouts and rest stops along Grand Lac St-François and other waterways.

SOUTH SECTOR:
• Discovery and Visitors Centre patio
• Lac à la Barbue
• Lac des Îles
• Camping de la baie Sauvage sandy shore
• Lac Thor (via the Le Massif trail)

ST-DANIEL SECTOR:
• Grassy area of St-Daniel beach. Several charcoal-briquette barbecues are available. Bring your own briquettes!
• La Capitainerie
• Access #4 (dog accessible)
• Pointe-aux-Pins sandy shore
DID YOU KNOW...
Did you know that the Saint-Daniel sector peatland is home to two species of dragonflies: the harlequin darter and the ebony boghunter, which are on the list of species likely to be designated threatened or vulnerable in Quebec? The Park’s protected area status guarantees the long-term survival of these populations.

WHY IS FEEDING THE DUCKS PROHIBITED?
In order to preserve the quality of the bathing water of the Saint-Daniel sector beach, it is important not to feed the waterfowl. The ducks and Canada geese can develop bad habits and lose their natural fear of humans. By sharing the bathing area with you, they produce droppings in the water that contribute to the lake’s pollution by increasing the amount of phosphorus and faecal coliforms.

FISHERMEN ... DO YOU HAVE SOMETHING TO DECLARE?
The quality of the fishing offered exclusively to the guests vacationing at Lac des Iles, Lac des Ours and at Lac à la Barbue depends to a large extent on the accuracy of the information provided by the fishermen. Everyone has the responsibility to complete their fish catch declaration, even if no fish have been caught. The study of these data makes it possible to adjust the fishing pressure according to established quotas, which increases the probability of being able to keep the fishery open throughout the summer.

TO ENJOY THE LOON’S SONG
The park is host to a large population of common loons. This bird whose song is emblematic of large natural areas is obviously sensitive to human disturbance. The stress caused by watercraft approaching loon families affects their food source, increases their energy expenditure and affects the overall survival of the young. All excellent reasons to observe them ... from afar!
IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY

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. You will also find a list of organizations that can help you plan your activities safely.

sepaq.com/security

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.

REMEMBER

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

SEPTÉM 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.

Southern sector • GPS: 45° 50’ 39 N -71° 09’ 24 W 599, chemin des Roy, Sainte-Praxède (Qc) G0M 1H1 Information: 418 486-2300

Saint-Daniel’s sector • GPS: 45° 58’ 49 N -71° 09’ 53 W 177, route du Parc de Frontenac, Saint-Daniel (Qc) G0N 1S0 Information: 418 422-2262

Booking: 1 800 665-6527

Make a virtual tour of the park at nadeauphotosolution.ca/parc_frontenac/360.html

IN CASE OF EMERGENCY: 911

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EXPERIENCE THE REGIONS AROUND THE NATIONAL PARK

1 877 335-7141  TourismeRegionThetford.com

Reach for the stars!